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THOUGHTS THAT BUILD



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THOUGHTS THAT BUILD

For Daily Reading and Meditation

BY
J. STORER
" "

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mental Divine Science," etc., by Mary Baker Eddy, the discoverer and founder of Christian Science.

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THOUGHTS THAT BUILD

January 1st.

1. Bless the Lord, O my soul: and all that is within me, bless His holy name.
2. Bless the Lord, O my soul: and forget not all His benefits:
3. Who forgiveth all thine iniquities; who healeth all thy diseases;
4. Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;
5. Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.
6. The Lord is merciful and gracious, slow to anger, and plenteous in mercy,
7. He will not always chide: neither will He keep His anger forever.
8. He hath not dealt with us after our sins; nor rewarded us according to our iniquities.
9. For as the heaven is high above the earth, so great is His mercy toward them that fear Him.
10. As far as the east is from the west, so far hath He removed our transgressions from us.
11. Like as a father pitieth his children, so the Lord pitieth them that fear Him.
12. For He knoweth our frame; He remembereth that we are dust.
13. As for man, his days are like grass: as the flower of the field so he flourisheth.
14. For the wind passeth over it, and it is gone; and the place thereof shall know it no more.
15. But the mercy of the Lord is from everlasting to everlasting upon them that fear Him, and His righteousness unto children's children.

January 2nd.

The night cometh, when no man can work. *John 9:4.*

Behold, I come as a thief. Blessed is he that watcheth,
and keepeth his garments. *Rev. 16:15.*

Nothing is completely worthy of our heart's devotion
save reality, for all else is destined to perish.

Therefore the heart is never at rest and never finds real
joy and happiness until it attaches itself to the eternal.

ABDUL BAHA.

1. Life "is short, but it is significant".
2. The time is short, but nevertheless exceedingly valuable.
3. Would that man could once know the infinite value of what he so values—time!
4. To him, time, to live a little longer in, to pursue his pleasures in, to snatch from the Unknown another hour of foolish existence, is the one desire.
5. What is its true value to him?
6. To cultivate, to build up every longing into a conscious willing of righteousness, to add an hourly desire to rise, to expand, to broaden in every fibre of his mind, and most of all, to imitate the unlimited love and generosity of his Maker.
7. Those who gain the most good soonest attain true spiritual powers.

1 CORA LINN DANIELS. 3-7 CORA LINN DANIELS.

January 3d.

1. Appreciate the value of the time, for you shall never see it again, nor shall you find a like opportunity.
2. One of man's illusions is that the present hour is not the critical, decisive hour; but write it on your heart that every day is the best day in the year.
3. And no fact of life is more important than this present instant.
4. We own no past, no future, we possess only *now*.
5. Therefore take care of the now, make the best of the present.
6. Look upon each new day as a new beginning of life, a day that means opportunity.
7. If there is any kindness or any good thing you can do your fellow-beings, do it now; for you shall not pass this way again.
8. Live, aspire, realize the best ideal of the moment; and this earnest effort shall lead the way to greater achievement.
9. Begin where you are, work where you are.
10. Simply be true to the best you know.
11. Believe in God. Condemn not. Love. Be faithful. Trust.
12. Why will you defer your good purpose from day to day?
13. Arise and begin in this very instant, and say, Now is the time to be doing. Now is the time to be striving. Now is the fit time to amend myself.

1 BAHÁ'U'LLAH. 2 R. W. EMERSON. 3 H. W. DRESSER. 4 MARY BAKER G. EDDY. 7 WILLIAM PENN. 8-11 H. W. DRESSER. 12-13 THOMAS À KEMPIS.

January 4th.

Seek refuge in God with all thy soul. Then shalt thou obtain, by His grace, supreme repose. BAG. GITA.

There is no God beside Him; a just God and a Saviour; there is none beside Him.

Look unto Him, and be ye saved, all the ends of the earth; for He is God and there is none else.

He hath sworn by Himself, the word is gone out of His mouth in righteousness, and shall not return, that unto Him every knee shall bow, every tongue shall swear:

Surely shall one say, In the Lord have I righteousness and strength: Even to Him shall men come. *Isa. 45:21-23.*

1. Why sayest thou, O Jacob, and speakest, O Israel, My way is hid from the Lord, and my judgment is passed over from my God?
2. Hast thou not known? Hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary?
3. There is no searching of His understanding.
4. He giveth power to the faint; and to them that have no might He increaseth strength.
5. Even the youth shall faint and be weary, and the young men shall utterly fall:
6. But they that wait upon the Lord shall renew their strength;
7. They shall mount up with wings as eagles; they shall run and not be weary; and they shall walk and not faint.

1-7 *Isaiah.*

January 5th.

Thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness. *Neh. 9:17.*

All ye who seem to have filled up the measure of iniquity never despair of our heavenly Father's goodness. For there is but one sin which makes us unworthy of that mercy, and that is if we harden ourselves against it, and refuse to hope for it. FENELON.

Let us, therefore, gather strength again in the light of His mercies: For, however great our transgressions, He is at hand to repair all, not only entirely, but also abundantly and in most plentiful measure.

THOMAS À KEMPIS.

1. Verily, His ways are many and rich.
2. He permits His children to wander through the forest of ignorance, hiding where they may, devising whatever scheme fancy may dictate;
3. But no pathway is so far astray that the weary soul shall emerge comfortless, and no man's steps are so devious and flighty as to outwit the Father.
4. For He is Love and all things work together for good, "and there is no human experience that the Spirit of God within us cannot turn to beautiful results for us and the world".
5. Everything that Supreme Love can devise and accomplish for its creatures is being fulfilled in every life at every instant of its existence;
6. And "nothing can limit the good that comes to us except our own lack of recognition".

1-3 DRESSER. 4 H. WOOD. 5-6 C. B. NEWCOMB.

January 6th.

Then shall we know, if we follow on to know the Lord.
Hos. 6:3.

Do not antagonize or denounce any religion.

BAHA'O'LLAH.

Religious prejudice, national prejudice, patriotic prejudice—all these forms of prejudice are the destroyers of the foundation of mankind and contrary to the good pleasure of God. ABDUL BAHÁ.

- ✓ 1. Creatures were created through love. Let them live in friendship and unity; for God has forbidden dispute and strife, with an absolute prohibition.
2. Let them unite in the practice of what is good, cherishing a gentle and sympathising heart, and carefully cultivating good faith and righteousness.
3. Verily, "outside of genuine goodness all creeds are chaff".
4. It is not, it cannot be a matter of organisation, election, foreordination, . . . , which 'elects' and 'chooses' and 'calls' men and women to a higher sphere;
5. It is loving and worshipping the Father, loving and being kind to all fellow creatures, dumb animals, and the wicked, and the unfortunate alike;
6. It is the right exercise of every power; the loyalty to honest purposes and high aims; the self-sacrifice for others, the ordering of life with a view to a nobler and better state of existence hereafter which leads the soul on and up into a state of beatitude and bliss.

1 BAHÁ'O'LLAH. 2 BUDDHA. 3-6 CORA LINN DANIELS.

January 7th.

Tell me not in mournful numbers
 "Life is but an empty dream!"
 For the soul is dead that slumbers,
 And things are not what they seem.

Life is real! Life is earnest!
 And the grave is not its goal;
 "Dust thou art, to dust returnest,"
 Was not spoken of the soul.

Not enjoyment and not sorrow
 Is our destined end or way;
 But to act that each tomorrow
 Finds us farther than today.

Art is long and time is fleeting,
 And our hearts, though stout and brave,
 Still, like muffled drums, are beating
 Funeral marches to the grave.

In the world's broad field of battle,
 In the bivouac of life,
 Be not like dumb, driven cattle,
 Be a hero in the strife!

Trust no future, howe'er pleasant!
 Let the dead past bury its dead!
 Act—act in the living present!
 Heart within, and God o'erhead!

Let us [all] be up and doing,
 With a heart for any fate;
 Still achieving, still pursuing,
 Learn to labor and to wait.

H. W. LONGFELLOW.

January 8th.

Open to me the gates of righteousness: I will go in to them, and I will praise the Lord. *Ps. 118:19.*

1. Live the life.
2. Be no cause of grief to any one.
3. Love each other very much.
- ✓4. Should opposition or injury happen to you, you must bear it, and be as kind as ever you can be, and through all you must love the people.
- ✓5. Should calamities exist in the greatest degree, you must rejoice, for these things are the gifts and favors of God.
6. Be silent concerning the faults of others, pray for them, and help them—through kindness—to correct their faults.
7. Look always at the good and not at the bad.
- ✓8. Never allow yourselves to speak one unkind word about another, even though that other be your enemy.
9. Rebuke those that speak to you of the faults of others.
10. All your deeds must be done in kindness.
11. Cut your hearts from yourselves and from the world.
12. Be humble. Be servants of each other, and know that we are less than any one else.
13. Be as one soul in many bodies; for the more we love each other, the nearer we will be to God.
14. Act with cautiousness and wisdom.
15. Be truthful. Be hospitable. Be reverent.
16. Be a cause of healing for every sick one; a comforter for every sorrowful one; a pleasant water for every thirsty one; a heavenly table for every hungry one; a guide for every seeker.

January 9th.

Let the righteous be glad. Let him rejoice before God. Let him exceedingly rejoice. Let him sing unto the Lord, let him sing praise to His name. *Ps. 68:3.*

O servant of God! Rejoice through the glad-tidings of God, be happy by the wafting of the fragrances of God, and cling to the Kingdom of God in such wise that it makes you separate yourself from the world, and kindle in your heart the fire of the love of God to such an extent that any one who approaches you will feel its warmth.

ABDUL BAHA.

1. If once you love God with all your soul, you will always be cheerful and light-hearted.
2. For one is happy in loving Him.
3. No one can be happy without Him, though he may not know why he is miserable.
4. And there is no other real happiness, whatever excitement may be found in sensual pleasures, apart from Him.
5. Life, in its true sense, is the life of the spirit, and that life is the love of God, Divine inspiration, spiritual joys and glad-tidings of God.
6. Spiritual enjoyments bring always joy;
7. The love of God brings endless happiness.
8. These are joys in themselves, and not only alleviations.
9. Seek, O servant of God, these joys, seek this life, until day and night you remain in limitless happiness.
10. For life is created for happiness, not for sorrow; for pleasure, not for grief.
11. Happiness is life; sorrow is death.
12. Spiritual happiness is life eternal.

January 10th.

Bear ye one another's burdens. *Gal. 6:2.*

The servant of the Lord must not strive; but be gentle unto all men. *II Tim. 2:24.*

If you meet with kindness him who injures you, you may overcome his stubborn spirit. The love of God will then come to him, and he will become a changed man.

ABDUL BAHA.

In the world of existence there is nothing so bad as injuring a heart, for the heart of a man is the place of the descent of the Merciful; and man must not at all disquiet or harm the place of the Merciful. ABDUL BAHA.

If we love one another, God dwelleth in us, and His love is perfected in us. *I John 4:12.*

1. We may become as God so far as we enter into His divine nature, which is love.
2. We may be God as we love, and we remove ourselves from God as we don't love.
3. When you feel as if you were unable to sympathise with any person, by so much as you are unable to sympathise even with his sins, you are out of God.
4. He is all in all, and all His all is love.
5. They only live who love.
6. The soul that does not love is without God in outer darkness.
7. The only way to save the world is to drench it with love, to flood it with love; yea, love even for the worst.

1-7 W. T. STEAD.

January 11th.

Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom is no variableness, neither shadow of turning. *Jas. 1:17.*

How excellent is Thy lovingkindness, O God! Therefore the children of men put their trust under the shadow of Thy wings.

They shall be abundantly satisfied with the fatness of Thy house; and Thou shalt make them drink of the river of Thy pleasures.

For with Thee is the fountain of life: in Thy light shall we see light. *Ps. 36:7-9.*

1. God is Love, and is ever ready to bestow His blessings on all who will receive them.
2. So far from ever overlooking us, He is always watching to find an open heart into which He may freely pour the torrents of His bounty and grace.
3. And His bounty is pure love, great prosperity and universal peace among different people in all regions, and is laying the foundation of great happiness and felicity for all the creatures.
4. Great, indeed, are the tender mercies of God.
5. No mortal can guess the extent of them.
6. For He is Love; "He is surrounding man with every good";
7. And all along the way caring for him; sustaining his soul in its progress and providing for him in ways which he has scarcely expected.

January 12th.

Verily, the love of God is in us: Let us seek, and we will find Him near. His lamps we are, and His light is in us; therefore let us be illumined by it, and let us seek no one but Him; for He has created us rich, and upon us has He showered abundant grace. He has placed in us the essence of His light; therefore let us depend upon it, and upon nothing else; for His action is perfect and His command has effect. Let us purify ourselves from all else save Him, (so that we may sacrifice our souls in His love.) BAHA'O'LLAH.

We are constrained to love Him who first loved us; who loves us with a tender love, as a Father who pitieth His children, knowing their frailty.

Verily, He sought us in our paths, which are sin; He followed us as a shepherd wearies himself in seeking his lost sheep. He was not content in finding us; having found us, He carries us and our weariness.

So much love, indeed, calls out the love to Him who is Love; and the souls who have found this love enjoy peace of conscience and are content and happy. FENELON.

1. Those who consciously and earnestly love God, place their spirits in instant harmony with His.
2. His will then becomes their will, and they offer in themselves no opposition to the divine plan, which is included in the human plan, even as the human is included in the divine.
3. And in offering no opposition, but gladly and lovingly yielding to God's sweet way, the whole universe, material and spiritual, bends to serve and obey the mortal, as if it were the Immortal will, since in harmony they are one.

January 13th.

Fear not, O land; be glad and rejoice: for the Lord will do great things. *Joel 2:21.*

If you would begin here and now, to-day, this present hour, to enjoy the benefits of the Father's care, go apart from your fellow men for a time, seek the solitude of the Spirit; lay aside all plans, open your mind and heart in receptive worship; consecrate all you possess, all that you are, to the Father; then be true to the highest thought that comes to you; trust though you see not whither you are going, though your faith be severely tested.

For no man ever sought help in that spirit who came away unfilled. H. W. DRESSER.

1. All our fears and troubles and doubts come from want of faith;
2. For "fear and lack of faith go hand in hand".
3. And to be distressed by doubt is to be wanting in faith.
4. While "persistent worrying is persistent unbelief".
5. Verily, "when the heart is full of [faith and] trust, there is no place left for fear".
6. We can drive out fear by a new mental and spiritual outlook—a supreme confidence [and faith] in God.
7. For "opposed to fear is [faith,] which gives assurance, confidence and trusting expectancy";
8. It "is the one restoring and sustaining mental state."
9. Therefore, no matter what your need is, put it into the hands of faith.
10. Do not ask how, or why, or when; just do your level best and have faith.

1 FENELON. 2 R. W. TRINE. 3 J. LUBBOCK. 4-6 O. HUCKEL. 7-8 D. S. SAGER. 9-10 O. S. MARDEN.

January 14th.

✓ Except a corn of wheat fall into the ground and die, it abideth alone, but if it die, it bringeth forth much fruit.
John 12:2.

The discipline of the flesh is designed to turn one, like a weary traveler, to the home of Love.

MARY BAKER G. EDDY.

The afflictions which come to humanity sometimes tend to center the consciousness upon the limitations. This is a veritable prison. Release comes by making of the will a door through which the confirmations of the Spirit come. The confirmations of the Spirit are all those powers and gifts with which some are born and which men sometimes call genius; but for which others have to strive with infinite pain. They come to that man or woman who accepts life with radiant acquiescence. ABDUL BAHÁ.

1. From this present trouble of ours there is a way of escape. Self alone stands in the way.
2. Yet even this is no ground for complaint.
3. If we are rightly adjusted to the creative rhythm or process, we shall not be troubled by it longer than is necessary to teach us its lesson.
4. Then let us be content. Let us drop fear and impatience in quiet trust and restfulness.
5. Peace, be still! There is nothing to fear.
6. Nothing can come to us without receptivity or willingness on our part.
7. We, therefore, hold the key to our minds.
8. We can accomplish everything through faith, with sufficient time.

1-8 H. W. DRESSER.

January 15th.

Here we have no continuing city, but we seek one to come. *Hebr. 13:14.*

All flesh is grass, and all the goodliness thereof is as the flower of the field: The grass withereth, the flower fadeth: because the Spirit of the Lord bloweth upon it: Surely the people is grass. The grass withereth, the flower fadeth: But the Word of our God shall stand for ever.
Isa. 40:6-8.

1. Let us be even as pilgrims.
2. He that selleth, let him be as he that flieth away; and he that buyeth, as one that will lose;
3. He that occupieth merchandise, as he that hath no profit by it: and he that buildeth, as he that shall not dwell therein.
4. He that soweth, as if he should not reap.
5. Let the heart be detached from this world;
6. For it is a prison for heavenly souls, and this earthly world is but a cage, and not a nest, unto the Divine birds.
7. And when man becometh free from attachment unto this world, he will crave for the world of the Kingdom, seek for eternal life, and long for his final deliverance.
8. Oh! the bliss of that day when he shall depart from his desolate mansion, shall seek rest for his soul, and shall follow the traces of his Beloved.
9. Dancing with love of His beauty, like a moth in a sunbeam, till he reacheth the spring and fountain of delight, whence yon sun deriveth all his luster.

January 16th.

Out of the abundance of the heart the mouth speaketh.
Matt. 12:34.

The Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart. *I Sam. 16:7.*

Rule the without from within. You can do far more than you know, simply by the power of thought, which is the greatest force in the universe. *M. B. WALLACE.*

It is only by thinking fine thoughts and doing good deeds and saying kind words that you can make yourself better. *H. POTTER.*

Good thoughts are an impervious armor; clad therewith you are completely shielded from the attacks of error of every sort. *MARY BAKER G. EDDY.*

1. According to our thoughts will be our life.
2. For what we mentally dwell upon we grow like;
3. And what we think and dwell upon habitually will be effective in the long run.
4. We are all sculptors, working out our own ideals, and leaving the impress of mind on the body as well as on history and marble, chiselling to higher excellence, or leaving to rot and ruin the mind's ideals.
5. Recognizing this as we ought, we shall turn often from marble to model, from matter to Mind, to beautify and exalt our lives.

2 H. WOOD. 3 H. W. DRESSER. 4-5 MARY BAKER G. EDDY.

January 17th.

Their strength is to sit still. *Isa. 30:7.*

Let us endeavor at all times to trust in God;

Let us be severed and detached from the world of dust and united with the Lord of Lords;

Let us forget all else save Him, and be comforted by His Spirit. ABDUL BAHA.

Faith and trust in God, combined with love, make a great, blessed, yea, marvellous change in the character, condition, enjoyment and prospects of all who believe in Him. ANON.

1. Do we try to trust God fully, understandingly, with a deep conviction, that it is His life, His power, that is pressing upon us through our inmost life?
2. Do we wait for guidance when we are perplexed?
3. Do we let life come as it may from the Divine Source, without rebellion, without doubt, without fear?
4. Doubt and fear, complaint, fret and depression are evil states of the mind.
5. Let us seek to help ourselves against them by occupying the mind with better things.
6. And the best and most helpful of all better things is a habit of confidence and repose under the loving shelter of God.
7. Abandonment to the Spirit [to God] with loving trust and faith and child-like yielding will carry one past all the hard places in experience; and cause us to come forth victorious over every form of enmity, sin, material obstructions, chronic diseases and death itself.

January 18th.

1. Divine Love always has met and always will meet every human need.
2. There is guidance for each moment, love for every need.
3. In the fullness of His love God has given us opportunity to have experience;
4. But He has been no less careful to provide for all the stages of our long evolution into conscious sonship.
5. Hence His immanent Presence bears relation even to our illnesses; He is an ever-ready resource in times of trouble.
6. Divine Love is our only physician, and never loses a case.
7. It binds up the broken-hearted; heals the poor body, whose whole head is sick and whose whole heart is faint;
8. Comforts such as mourn, wipes away the unavailing, tired tear, brings back the wanderer to the Father's house in which are many mansions, many welcomes, many pardons for the penitent.
9. To Him do we cling. He is the hope of the worlds, the helper of mankind, one and all.
10. For where need is of Him, there He is.
11. Verily, there is no saviour beside Him.
12. And there is nothing man cannot do with the help of God.
13. For with Him all things are possible.
14. Fear, therefore, O man, not anything that shall befall thee.
15. He will be with thee: He will not fail thee, nor forsake thee. Be strong and of good courage.

January 19th.

He appointed singers unto the Lord, that should praise the beauty of holiness, as they went out before the army, and to say, Praise the Lord; for His mercy endureth for ever. *2 Chron. 20:21.*

Whoso offereth praise glorifieth Me: And to him that ordereth his conversation aright will I shew the salvation of God. *Ps. 50:23.*

The Lord liveth; and blessed be my Rock; and exalted be the God of the rock of my salvation. *2 Sam. 22:4.*

In God we boast all the day long, and praise Thy name for ever. *Ps. 44:8.*

How good is man's life, the mere living! How fit to employ all the heart and the soul and the senses forever in joy.

How good and joyful the present, and still more, how rich and hopeful the future! For the truth is far better than we can imagine, wherefore we cannot plume our ideals for too lofty a flight.

Nor need we "be afraid of too much happiness". For "our most ecstatic glimpses have been but as moonbeams of an Arctic night compared with the broad noon of an eternal day". ROBERT BROWNING, H. WOOD and C. B. NEWCOMB.

1. We, Thy people and sheep of Thy pasture will give Thee thanks forever: We will shew forth Thy praise to all generations.
2. We will praise Thee; for we are fearfully and wonderfully made: Marvellous are Thy works; and that our soul knoweth right well.

1 *Ps. 79:13.* 2 *Ps. 139:14.*

January 20th.

There is that maketh himself rich, yet hath nothing:
there is that maketh himself poor, yet hath great riches.

Prov. 13:7.

It is for love above all that I was created, and I accomplish the purpose of God in my creation only as far as I love. FENELON.

Let the love that fills the mother's heart as she watches over an only child, even such love, animate you. BUDDHA.

Universal love is the magnet that renders existence eternal, attracts realities, and diffuses light with infinite joy. If this love penetrates the heart of man, all of the forces of the universe will be realized in him, for it is a divine power which transports him to a divine station, and he will make no progress until he is illumined thereby.

Strive to increase the love power of reality, to make your hearts greater centers of attraction, to create new ideas and relationships. ABDUL BAHA.

1. Love is God, ay, love is life; and if we would live well we must love well.
2. The more love, the more religion.
3. For the degree of love with which any one loves, measures his religion.
4. The thought of God will not be completely embodied until every heart throbs in responsive love without one jarring note to the All-Lover, in whom we live and move and have our being.

1 J. L. M. BAIN. 3-4 W. T. STEAD and *Acts*.

January 21st.

Be ye, therefore, perfect, even as your Father which is in heaven is perfect. *Matt. 5:4.*

He that is washed, needeth not save to wash his feet, but is clean every whit. *John 13:10.*

Ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of Him who hath called you out of darkness into His marvellous light. *1 Petr. 2:2.*

We love God so utterly, and know His judgment and criticism to be so unapproachably pure, that to offend Him, or rather to grieve Him, is an unspeakable pain.

We actually hang with ecstatic delight upon the approval of God.

There is nothing in heaven or on earth which we would not suffer, do, give, offer, sacrifice, to gain it.

It is the very breath of our existence.

CORA LINN DANIELS.

1. Stand, therefore, having your loins girt about with truth, and having on the breastplate of righteousness; and your feet shot with the preparation of the Gospel of peace;
2. Above all taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.
3. And take the helmet of salvation, and the sword of the Spirit, which is the Word of God:
4. Praying always with all prayer and supplication in the spirit, and watching thereunto with all perseverance.

1-4 *Eph.*

January 22d.

The Lord hath blotted out as a thick cloud thy transgressions, and as a cloud thy sins:

Return unto Him, for He hath redeemed thee.

Sing, O ye heavens; for the Lord hath done it:

Shout, ye lower parts of the earth: break forth into singing, ye mountains, O forest and every tree therein:

For the Lord hath redeemed thee from all thy iniquities.

He hath forgiven thy sins, for He remembereth that thou art but flesh; a wind that passeth away and cometh not again. *Isaiah.*

1. Listen to His gracious teaching, more rejoicing in His whole love than sorrowing in thy manifold fallings.
2. And trust in His grace; resign thyself into His hands with the assurance that He is well pleased with them that hope in His mercy and grace.
3. For He taketh pleasure in them that fear Him, in those that hope in His mercy.
4. Draw nigh, therefore, unto Him with a pure heart, cheerful face, gazing eye and a joyful spirit, and plunge with thy whole being into the sea of the love of God, and forget all else save Him.
5. So that thou mayest be filled with such spiritual sentiments from the Kingdom of God, which will take the reins of desire from thy hands, and move thee with the power of thy Lord;
6. And that thou mayest be growing in happiness in the love of God, and be kindled by the fire of His love, chanting verses of greeting and thanks, and be quickened by the breezes of life blown from the garden of the knowledge of God.

January 23d.

The Lord is our judge, the Lord is our lawgiver, the Lord is our King; He will save us. *Isa. 33:22.*

The people that do know their God shall be strong.

Dan. 11:32.

Trust thou in the Lord; rest in Him, and wait patiently for Him. *Ps. 115:57.*

Fear not, peace be unto thee, be strong, yea, be strong.

Dan. 10:19.

Cast thy burden upon the Lord, and He shall sustain thee. *Ps. 55:22.*

All is perfectly adjusted and overruled to the highest ends. M. B. WALLACE.

Our soul waiteth for the Lord: He is our help and our shield. *Ps. 33:20.*

1. Be content to live day by day as God leads you, making use of every moment, without looking beyond it.
2. For God never deals with us in the ways we foresee.
3. Very often the phantoms we have raised melt away, and so all our forebodings only tend to disturb us.
4. Enjoy the blessings of this day, if God sends them, and the evils of it bear patiently and sweetly;
5. For this day only is ours, we are dead to yesterday, and we are not yet born to the morrow.
6. But if we look ahead, and bring into one day's thoughts the evil of many, certain and uncertain, what will be and what will never be, our load will be as intolerable as it is unreasonable.

1-3 FENELON. 4-6 J. TAYLOR.

January 24th.

Be strong in the Lord, and in the power of His might.
Eph. 6:10.

Every effort tells. H. W. DRESSER.

Concentrate your spiritual forces. Arise with much fervor and enthusiasm. Let a new attraction take possession of your hearts. Let a new spirit sweep over your temples, so that the fire of the love of God which is enkindled in your holy of holies may flame forth and set up a spiritual conflagration in the whole of the world.

ABDUL BAHA.

Love is curious of little things, or circumstances and measures and little accidents; not allowing itself any infirmity which it strives not to master, aiming at what it cannot yet reach, desiring to be of an angelical fervor, and fears every image of offence; is as much afflicted at an idle word as some at an act of adultery, and will not allow itself so much anger as will disturb a child, nor endure the impurity of a dream. J. TAYLOR.

1. The act sets up a force which is the spirit of the deed.
2. Successive acts done in furtherance of a purpose produce an accumulating spiritual force which never dies.
3. Therefore we must be active—we must be up and doing.
4. Our deeds build up our characters, and the building of our characters is our task.
5. Life in this world is for this purpose.
6. We are, while here, more or less arbiters of our own destiny, but in the worlds to come we cannot progress except by grace of the Divine Will.

1-6 ABDUL BAHA.

January 25th.

Seek the Lord, and ye shall live. *Amos 5:4.*

1. Prayer is so necessary, and the source of so many blessings, that the soul which has found this treasure cannot help returning to it whenever it is left to itself.
2. Verily, prayer or "communion with God is the very breath of success and happiness here and hereafter".
3. It is conducive to the joy of the heart, and causes spirituality and fragrance. Turn, therefore to prayer.
4. Pray heartily; seek after God in the depth of your heart.
5. In spite of your unworthiness, fly to Him with the freedom and familiarity of a child who cannot doubt his father's kindness.
6. Tell Him all your difficulties, all the evil suggestions of self-will, all the anxieties of your soul.
7. In prayer alone you will find wisdom, courage, patience, gentleness, firmness.
8. In the silence of prayer God will take away your mind, and fill you solely with His own.
9. He alone must be all in all.
10. Pray about everything: you cannot pray too much.
11. Nor can you find readier help in any other way.
12. Just the attitude [of prayer] of communion and trust is often the most helpful and uplifting.
13. For we open through prayer a "hidden door in our consciousness through which come new life and power and energy from God".

1 FENELON. 2 CORA LINN DANIELS. 3 ABDUL BAHÁ. 4-11 FENELON. 12 O. HUCKEL.

January 26th.

We must love all humanity and must see all humanity submerged in the ocean of God's mercy. ABDUL BAHÁ.

A tender sentiment felt, or a kind word spoken, at the right moment, is never wasted. MARY BAKER G. EDDY.

Let your light so shine before men, that they may see your good works and glorify your Father which is in heaven. *Matt. 5:16.*

1. Virtue goes out to others from all who desire the good of others.
2. If you long to bless the world, you can bless it by being heavenly-minded, prone to charity and goodwill, earnest in endeavor to be better and strong in faith.
3. Your thought is your atmosphere, which touches other thought atmospheres either for good or evil.
4. For you are a channel for forces and thoughts good or bad.
5. And this is your "highest privilege and office", that is, to be a channel, "through which the Divine life shall flow out to invigorate and inspire".
6. And if you consecrate your thoughts and your deeds to the service of God, think good, bear the fruits of the Spirit, which are thoughts and acts of love, joy, peace, long-suffering, gentleness, meekness, goodness, faith, temperance, you ever set into positive motion the forces within that work for peace and good to you and to every other human being.

1-3 CORA LINN DANIELS. 5 H. WOOD. 6 E. TOWNE.

January 27th.

We through the Spirit wait for the hope of righteousness by faith. *Gal. 5:5.*

Do you realize what failure means there--remorse, regret and sorrow for lost opportunities; words and acts your agony cannot recall; neglect too late to repair? So subtle is the far-reaching influence of a life, that not only must you meet your own failure and its influence on those about you, but often for generations face the effect of the good or evil you did or left undone. This is judgment.

J. F. CLARKE.

You come [to the other world] as a whole, not in parts.

CORA LINN DANIELS.

1. And I saw no temple there: for the Lord God almighty and the Lamb are the temple of it.
2. And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof.
3. And the nations of them which are saved shall walk in the light of it:
4. And the kings of the earth do bring their glory and honor into it.
5. And the gates of it shall not be shut at all by day: for there shall be no night there.
6. And they shall bring the glory and honor of the nations into it.
7. And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life.

January 28th.

Continue in prayer, and watch in the same with thanksgiving. *Col. 4:2.*

Bid thy people prayer, and persevere in it; we do not ask thee to provide; we do provide, and the issue shall be to piety. *KORAN.*

1. Good works adorn the soul, but prayer is something exceeding great.
2. All things proceed from it; it is the beginning and the end of every good.
3. And there is nothing sweeter in the world of existence than prayer.
4. It creates spirituality, mindfulness and celestial feelings, begets new attraction of the Kingdom and engenders the susceptibilities of the higher intelligence.
5. It is by itself a light to our heart, an illumination to our sight, a life to our soul, and an exaltation to our being.
6. Prayer is not conquering God's reluctance, but taking hold upon God's willingness.
7. It is to trust in God, and to be submissive in all things to Him.
8. Be submissive, then things will change for you.
9. Love God's will, and pray with an attracted heart, with a spirit stirred by the Glad Tidings of God.
10. Then the doors of the Kingdom of mysteries shall be opened before your face and you shall comprehend the realities of all things.

1-2 GILES OF ASSISI. 3-5 ABDUL BAHÁ. 6 P. BROOKS. 7-10 ABDUL BAHÁ.

January 29th.

Praise the Lord, all ye nations. Praise Him, all ye people; for His merciful kindness is great toward us, and the truth of the Lord endureth forever. Praise ye the Lord. *Ps. 117.*

Always show a face shining with holy joy.

ST. FRANCIS DE SALES.

Be calm, be joyous, and not only when the sky is clear, but when the clouds gather as well.

To be calm and brave under difficulties is a proof of spiritual force. *ABDUL BAHÁ.*

1. Gentleness and cheerfulness: these come before all morality. They are the perfect duties.
2. And to be happy is the first step to being pious.
3. It is weak, cowardly and selfish to be sad or afraid.
4. Wherefore "we ought to be as cheerful as we can, if only because to be happy ourselves is the most effectual contribution to the happiness of others".
5. And a man should make life and nature happier to others, or he had better never been born.
6. Try, and live happily, then!
7. Live in the joy of the Lord and sing the tune of His love.
8. Put aside sorrow and enter the life of gladness.
9. Don't fret and worry over what can't be helped. It only makes you more unhappy.
10. If it rains to-day, it is all the more likely to be clear to-morrow.
11. Force yourself to smile, refuse to believe in the shadows; be joyful to-day. You can!

1-2 R. STEVENSON. 3 A. C. BENSON. 4 J. LUBBOCK. 5 R. W. EMERSON. 7 *Theosophical Messenger*. 9-11 *Magazine of Mysteries*.

January 30th.

Throw off the whole load of sin, doubt and fear on God and rest; rest in the Lord! Let your intellect, your judgment, your reason rest in God.

Rest in the Lord as He reveals Himself, merciful and gracious. Have faith in Him. Wait, wait for Him. He will come and take care of you.

J. H. VINCENT, J. HAMILTON and THOMAS À KEMPIS.

Make the supreme leap of faith, even where all the way is dark.

Look not out at anything, fear none of those things you may be exposed to suffer either outwardly or inwardly; but trust the Lord over all, and your life will spring, and grow and refresh you, and you will learn obedience and faithfulness daily more and more, even by your exercises and sufferings; yea, the Lord will teach you the very mystery of faith and obedience; the wisdom, power, love and goodness of the Lord ordering everything for you; and ordering your hearts in everything.

H. W. DRESSER and W. PENNINGTON.

1. He will guide you in a sure path, though it may be a rough one. Though shadows hang over it, yet will He be with you. And He will bring you home at last.
2. Through much suffering it may be, and weariness, in much sadness and loneliness, in griefs that the world never knows, and under burdens that the nearest never suspect.
3. Yet He will suffice for all.
4. By His eye or by His voice He will guide you, if you be docile and gentle; by His staff and by His rod, if you wander or are willful: Anyhow, and by all means, He will bring you to His rest.

January 31st.

The more we throw off the earthly nature the more we become enlightened in things above it.

CORA LINN DANIELS.

To him that overcometh will I give to eat of the tree of life. *Rev. 2:7.*

He did evil, because he prepared not his heart to seek the Lord. *2 Chron. 12:14.*

I shrink to give up my life, and thus do not plunge into the great waters of life. R. TAGORE.

Live for the other life. Endure as seeing Him who is invisible. Work by faith; work by hope; work by love; work by courage; work by trust; work by the sweet side of your mind; and so be like Christ, until you dwell with Him. H. W. BEECHER.

As the bee collects nectar and departs without injuring the flowers, or its color and scent, so let the wise man dwell on earth. BUDDHA.

1. The purpose and end of the world of creation is spiritual life, knowledge of God, love of God, fear of disobedience to God and the perfections of the world of humanity.
2. Should man characterize himself with these lofty qualities and virtues, the physical conditions will, undoubtedly, not seem interesting to him, and he will detach himself from them.
3. His heart will become illumined with the light of God, he will hear the call of the unseen joy, and will become the center of the names and attributes of God.

February 1st.

All that which pleases is but for the moment,
All that which troubles is but for the moment;
That only is important which is eternal. ANON.

Behold, happy is the man whom God correcteth: therefore despise not thou the chastening of the Almighty.

For He maketh sore, and bindeth up: He woundeth, and His hands make whole. *Job 5:17-18.*

No chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. Wherefore lift up the hands which hang down, and the feeble knees. *Heb. 12:11-12.*

Trials purify mortals and deliver them from themselves. MARY BAKER G. EDDY.

1. The Lord will not cast off for ever:
2. But though He cause grief, yet will He have compassion according to the multitude of His mercies.
3. For He doth not afflict willingly nor grieve the children of men; but is very pityful and of tender mercy.
4. Whatever hath come to man hath come through love.
5. From his childhood God hath been laying His fatherly hands upon him, and always in benediction;
6. Even the strokes of His hands are blessings, and among the chiefest man hath ever received.
7. Therefore let us be of hope, let us be trustful, silent and patient, let nothing affright us: For we can rest assured that all will come to a good and blessed end.

1-3 *Lam.* and *Jas.* 5-6 H. E. MANNING. 7 M. MOLINOS.

February 2d.

O our Lord! On Thee do we rely, and unto Thee we turn and unto Thee the journey is. *Koran.*

Among the children of God, while there is always that fearful and bowed apprehension of His majesty, and that sacred dread of all offense to Him, which is called the fear of God, yet of real and essential fear there is not any, but clinging in confidence to Him as their Rock and Fortress, their Shepherd and Deliverer, and perfect love and casting out of fear; so that it is not possible that while the mind is rightly bent on Him there should be any dread of anything either earthly or supernatural; and the more dreadful seems the height of His majesty, the less fear they feel that dwell in the shadow of it. JOHN RUSKIN.

1. The Lord is my shepherd; I shall not want.
2. He maketh me to lie down in green pastures: He leadeth me beside the still waters.
3. He restoreth my soul: He leadeth me in the path of righteousness for His name's sake.
4. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me: Thy rod and Thy staff they comfort me.
5. Thou preparest a table before me in the presence of mine enemies: Thou anointest my head with oil: my cup runneth over.
6. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.

1-6 *Psalms 23.*

February 3d.

As thy days, so shall be thy strength. *Deut. 33:25.*

Come thou unto God, when it is not well with thee.

For He hath power to help: and He is the Lord that healeth thee.

A faithful God is He, who shall stablish thee, and keep thee from evil.

THOMAS À KEMPIS, *Chron., Ex. and Thess.*

Give us help from our trouble: for vain is the help of man.

Be merciful unto us, and bless us;

And cause Thy face to shine upon us;

That Thy way may be known upon earth;

Thy saving health among all nations. *Ps.*

1. Behold, God is on our side; we will not fear: He is our strength and our song, and is become our salvation;
2. He is our Redeemer; and our Redeemer is strong.
3. The Lord of Hosts is His name. The Lord of Hosts is with us; the God of Jacob is our refuge.
4. Is anything too hard for Him?
5. Verily, He is enough for us, a good guardian is He;
6. But helpless are we without Him.
7. Therefore will we look unto the Lord; we will wait for the God of our salvation: Our God will hear us.
8. He hath torn, and He will heal us;
9. He hath smitten, and He will bind us up.
10. For He is the God of salvation.
11. And unto Him belong the issues from death.

1 *Ps.* 2-3 *Job, Jer. & Ps.* 4 *Gen.* 5 *Koran.* 6 ANON. 7 MICAH. 8-9 *Hos.* 10-11 *Ps.*

February 4th.

Trust in the Lord and do good. Delight thyself also in the Lord; and He shall give thee the desires of thine heart. Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass. *Ps. 37:3-5.*

Rest thou assured of the bounty and providence of the heavenly Lord. Be thou rejoiced. *ABDUL BAHA.*

O son of Spirit! The Holy Spirit heralds comfort to thee: Why doest thou grieve? *BAHA'O'LLAH.*

Thou oughtest not to judge according to thy present feeling; nor to take any grief, or give thyself over to it, from whencesoever it cometh, as though all hope of escape were quite taken away. *THOMAS À KEMPIS.*

As ye have faith so shall your powers and blessings be. *ABDUL BAHA.*

If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted into the sea; and it should obey you. *Luke 17:6.*

Blessed are they that have not seen, and yet have believed. *John 20:29.*

Be not faithless, but believing. *John 20:27.*

To be forever wallowing in the bogs of doubt, to be drawn continually into the quicksands of fear, or blown ceaselessly about by the winds of anxiety, is to be a slave.

Such are taught by affliction, and ultimately pass from weakness to strength by the stress of bitter experience.

JAMES ALLEN.

February 5th.

O Thou that hearest prayer, unto Thee shall all flesh come. *Ps. 65:2.*

My soul, wait thou only upon God; for my expectation is from Him. *Ps. 63:5.*

Verily, if we ask anything according to the will of God, He heareth us. *I John 5:14.*

Spirit has influence, prayer has spiritual effect.

ABDUL BAHA.

Let us turn our hearts toward God in a simple, familiar spirit, full of confidence in Him. FENELON.

✓ There is no need of much time to love God; to renew ourselves in His presence, to raise our hearts towards Him, or adore Him in the depths of the heart; to offer to Him what is done, and what is suffered. FENELON.

1. It is your [duty] to draw to you every attribute and quality that you can conceive of [God].
2. You want to be fearless.
3. You want perfect health.
4. You want complete control of appetite.
5. You may want power to cease from ugly thoughts.
6. You may want power to rid yourself of a mind which sees only the discouraging and gloomy side in everything.
7. You need patience, you need meekness, you need faith, you need love.
8. You need many other qualities of character.
9. And to gain, improve and increase these you have but to ask persistently of God and it shall be given you.

1-6 P. MULFORD. 8-9 P. MULFORD.

February 6th.

Whosoever shall not receive the Kingdom of God as a little child, he shall not enter therein. *Mark 10:15.*

How can ye believe, which receive honor one of another, and seek not the honor that cometh from God only?
John 4:44.

Whosoever of you will be the chiefest, shall be servant of all. *Mark 10:44.*

The Lord lifteth up the meek. *Ps. 147:6.*

He must increase, but I must decrease. *John 3:30.*

My grace is sufficient for thee: For my strength is made perfect in weakness. *2 Cor. 12:9.*

Thou sayest, I am rich and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked.
Rev. 3:17.

If thou couldst empty all thyself of self,
Like to a shell dishabited;
Then might He find thee on the ocean shelf,
And say, 'This is not dead,'
And fill thee with Himself instead.

But thou art all replete with very thou,
And hast such shrewd activity,
That when He comes, He says, 'This is enow
Unto itself—t'were better let it be:
It is so small and full, there is no room for Me.' ANON.

February 7th.

Walk as children of light: Proving what is acceptable unto the Lord. *Eph. 5:8.*

Salvation-heaven is the conscious realization of God in this life, which is gained by love, kindness and good deeds.

ABDUL BAHA.

1. One should not so much endeavor to eschew evil, as to enlarge and develop good.
2. It is more important to set the mind on doing and being good, than to set the will to resist and overcome evil.
3. We make too much of what we call evil in other people's lives; altogether too much . . . of the transitory and immature on the surface of life.
4. These are only as contrast to the real and abiding.
5. The real riches [are] kindness and gentleness, . . . faith [and hope]. These are the things that we store up eternally, and that none can take from us.
6. These let us seek.
7. Let us "cultivate spirituality, goodness, mercy, love".
8. These, crowned by faith, hope and charity, make the elements of eternal life. More or less so [we] will be as [we] possess them.
9. Passions, selfishness, false appetites, hatred, fear, all sensuality, yield to spirituality, and the superabundance of being is on the side of God, good.
10. And sin is to be overcome, not so much by maintaining a direct opposition to it, as by cultivating opposite principles.

1-2 CORA LINN DANIELS. 3-6 C. B. PATTERSON. 7-8 CORA LINN DANIELS. 9 MARY BAKER G. EDDY. 10 R. FULLER.

February 8th.

Bless our God ye people, and make the voice of His praise to be heard: which holdeth our soul in life, and suffereth not our feet to be moved. *Ps. 66:8-9.*

Look not too far forward, either with longing, or with fear; to-morrow will dawn with to-morrow's light. *ANON.*

Weeping may endure for a night, but joy cometh in the morning. *Ps. 30:5.*

Go forward, serenely conscious of Divine power sustaining you at all times. Then the light will shine through every cloud that crosses your pathway. Children of light are troubled by no outward storm. *M. B. WALLACE.*

Let all creatures be prosperous and happy. Let them be of joyful mind. All beings that have life, be they feeble or strong, be they minute or vast, seen or unseen, near or afar, let all beings be joyful. *BUDDHA.*

1. Let your countenance be cheerful and pleasant during the time of your existence.
2. Make sunshine! Cultivate a sunny disposition, an eager purpose, noble and generous aspirations.
3. Keep yourself in vital communion with the world about you.
4. Sow good cheer, sow courage, sow assurance. Deny the old enemy. Slay dread, for it is verily of death.
5. Anticipate nothing but good in the future. Resolve to be happy. Don't pity yourself.

1 PTAH-HOTEP. 2-3 U. N. GESTEFELD and *Theosophical World*.
4 J. L. M. BAIN. 5 F. C. HADDOCK.

February 9th.

A new commandment I give unto you, that ye love one another. *John 13:34.*

Depart from evil, and do good; seek peace and pursue it. *Ps. 34:14.*

- ✓ 1. O child of God! Beware lest you offend the feelings of anyone, or sadden the heart of any person, or move the tongue in reproach of and finding fault with anybody, whether he is friend or stranger, believer or enemy.
2. Pray in behalf of all and entreat God for forgiveness and bounty for all.
- ✓ 3. Never rebuke or reproach any soul.
- ✓ 4. Never judge nor condemn, never arraign nor censure. Not a word.
- ✓ 5. Avoid every rude or unkind expression.
- ✓ 6. Never make a disparaging remark of another.
- ✓ 7. Pause. Be still. Not a word, emphatically not even a look, that will mar the sweet serenity of the soul.
- ✓ 8. Know God. Keep silence before Him. Hearken to hear His voice. This is the way to honor and to know Him.
- ✓ 9. Listen to obey. Words make trouble. Be still. Cast all on Him. And not a word.
10. We think so hard, pray so hard, and trust so little.
11. But, with God's help, we shall not worry. We shall not be afraid. We shall not give way to anger.
12. We will be kind to everyone with whom we come in contact.
13. We will be cheerful and hopeful.
14. We will trust in God and bravely face the future.

February 10th.

God is Love. Can we ask Him to be more?

MARY BAKER G. EDDY.

His habitation high is here, and nigh;
His arm encircles me, and mine, and all.

MARY BAKER G. EDDY.

Despisest thou the riches of His goodness and forbearance and long-suffering; not knowing that the goodness of God leadeth thee to repentance. *Rom. 2:4.*

1. What a comforting and sustaining thought it is that an infinite power presides over us which is kinder to us than we are to ourselves, kinder than we can be to those we love best;
2. A force which is always ready to heal our hurts and to restore us, no matter how we have sinned in violating nature's law.
3. How consoling it is to know, that this power is love, that God's unchangeable disposition towards us, His children, is only the communication of His own love, goodness and happiness to us, according to our capacities;
4. That, in reality, we are "surrounded by a circle of Divine Love; and [that] nothing but good can come" to us.
5. O let us turn our hearts to this Love.
6. Let us have perfect and absolute confidence in the love and bounty of God.
7. And let us love Him. That is, let us let God love us; let us give welcome to that, that is, to God's love, knowing and believing the love God has to us.

1-2 O. S. MARDEN. 3 W. LAW. 4 E. W. WILCOX. 6 ABDUL BAHÁ.
7 H. BUSHNELL.

February 11th.

Teach me to do Thy will; for Thou art my God; Thy Spirit is good; lead me into the land of uprightness.

Ps. 143:10.

We must sacrifice everything; every plan, every longing and ideal must be given up completely to the will of God.

We must look to God for all we desire, all we wish to attain. The will of God must work out its purpose in us. Our human will must be laid down in sacrifice and love.

ABDUL BAHA.

Sacrifice thyself in the divine path, close thine eye to every pleasure and strive with all thy soul that thou mayest disappear and be lost, like unto a drop in the ocean of the love of God. ABDUL BAHA.

The reward of obedience is the inward manifestation of the Divine Presence. ANON.

1. The truly spiritual life begins when one asks, in profound humility, What wilt Thou? What is Thy will, O Spirit, to whom I owe all I am, whose purpose for me includes all that I need, whose love is ever ready to sustain and perfect, whose presence I have so long opposed and ignored?
2. Ever on and on the advancing Love moves within and upon us, uplifting, sustaining, perfecting.
3. It pauses not, nor sleeps.
4. It ever watches and guards.
5. Our part is to become acquainted with its presence; and so, dwelling with it, to withdraw all opposition, and be faithful in the least and the greatest to its guidance.

1-5 H. W. DRESSER.

February 12th.

All the good things for which you pray sooner or later to attain, may be yours at once, if you only will not stand in your own way; if only, leaving the past alone, and committing the future to the hand of Providence, you will direct the present, and that only in the way of holiness and justice. M. AURELIUS.

1. Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on.
2. Is not the life more than meat, and the body than raiment?
3. Behold the fowls of the air; for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them.
4. Are ye not much better than they?
5. And if He clotheth the grass of the field, which to-day is, and to-morrow is cast into the oven, shall He not much more clothe you, O ye of little faith?
6. Therefore take no thought, saying, What shall we eat? Or what shall we drink? Or wherewithal shall we be clothed?
7. For after all these things do the Gentiles seek.
8. For your heavenly Father knows that ye have need of all these things.
9. But seek ye first the Kingdom of God, and His righteousness; and all these things shall be added unto you.
10. Take therefore no thought for the morrow; for the morrow shall take thought for the things of itself.
11. Sufficient for the day is the evil thereof.

1-11 *Matt.*

February 13th.

Wherein can I hope, or wherein ought I to trust, save in the great mercy of God alone? I will open my heart wide, unboundedly wide, and let God's love flow in as a torrent. I will fear nothing on my way; God will lead me by the hand, if only I trust Him wholly, and am filled rather with love for Him than fear for myself.

THOMAS À KEMPIS and FENELON.

1. Shew me Thy ways, O Lord; teach me Thy paths.
Lead me in Thy truth, and teach me; for Thou art the God of my salvation; on Thee do I wait all the day.
2. Remember, O Lord, Thy tender mercies and Thy loving-kindnesses; for they have been ever of old.
3. Remember not the sins of my youth, nor my transgressions: according to Thy mercy remember Thou me for Thy goodness' sake, O Lord.
4. Cause me to hear Thy loving-kindness, for in Thee do I trust:
5. Cause me to know the way wherein I should walk; for I lift up my soul unto Thee.
6. Shew Thy marvellous loving-kindness, O Thou that savest by Thy right hand them that put their trust in Thee.
7. O save Thy servant that trusteth in Thee. Be merciful unto me, O Lord: for I cry unto Thee daily.
8. Rejoice the soul of Thy servant: for unto Thee, O Lord, do I lift up my soul.
9. For Thou Lord art good, and ready to forgive; and plenteous in mercy unto them that call upon Thee.
10. Yea, in the shadow of Thy wings will I make my refuge. And I will sing of Thy mercies, O Lord, forever.

February 14th.

Open thy mouth wide, and I will fill it. *Ps. 81:10.*

I said not unto the seed of Jacob, Seek ye Me in vain;
I, the Lord speak righteousness, I declare things that are
right. *Isa. 45:19.*

When Thou saidst, Seek ye my face; my heart said unto
Thee, Thy face, Lord, will I seek. *Ps. 27:8.*

Let not him who seeks cease until he finds. JESUS.

Prayer is a ladder by which every one can ascend to
heaven. MOHAMMED.

We must pray only because we love God, not because
we fear Him, or fear hell or hope for divine bounty or for
heaven. ABDUL BAHA.

1. Ask, and it shall be given you;
2. Seek, and ye shall find;
3. Knock, and it shall be opened unto you:
4. For every one that asketh receiveth;
5. And he that seeketh findeth;
6. And to him that knocketh it shall be opened.
7. Truly, God is more willing to give than you are to
receive.
8. It is the all-hearing and all-knowing Mind, to whom
each need of man is always known and by whom it
will be supplied.

1-6 *Matt.* 7 *ANON.* 8 *MARY BAKER G. EDDY.*

February 15th.

Our pride of personality will be a curse to us, if we cannot give it up in love.

We must know that it is only the revelation of the Infinite which is endlessly new and eternally beautiful in us, and which gives the real meaning of our self. R. TAGORE.

While it is dangerous for us to perceive how much we are fallen and how lowly is our lot, without realizing how great we are notwithstanding, it is more dangerous to recognize our greatness without our lowliness;

But it is still more dangerous to be in ignorance both of one and the other.

Man is so great that his greatness is proved by the very knowledge of his wretchedness.

Man is but a reed—the weakest reed in nature: but he is a reed that thinks.

All our dignity consists in thought.

It is by it that we must rise, not by our bodily powers, not by our length of life.

Let us, then, strive to think well. B. PASCAL.

1. What have we that we did not receive?
2. Verily, whatever we are and whatever we have, we have received all from God and not from ourselves.
3. Our power to think, to know, to live, to work, to enjoy, to be, is all His pure gift.
4. Indeed, we are not sufficient of ourselves even to think anything as of ourselves; but our sufficiency is of God.

February 16th.

I will walk among you, and will be your God, and ye shall be my people. *Lev. 26:12.*

The end of life is to be like unto God; and the soul following God will be like unto Him: He being the beginning, middle and end of all things. *SOCRATES.*

If ye be informed of the wonders of My generosity and grace which I have deposited in yourselves, ye will certainly be cut from all directions and seeking to know your own selves, which is identical with knowing Myself; will find yourselves independent of all save Me and will see the ocean of My providence and the deeps of My beneficence in yourselves, with your outward and inward eye as manifest and clear as the sun shining from the name of My glorious Majesty. *BAHA'O'LLAH.*

1. Out of Him cometh all we are;
2. Of Him we are all made;
3. Lost from Him we can never be;
4. One with Him we must always remain.
5. And it is our joy and His love and grace which makes each one a facet on the face of His universal globe, reflecting both exterior and interior, and responding to the light within and without Him and between each other.
6. But the purpose of "linking spirit with material in the union seen in the human or intelligent being is to produce individualized consciousness, which, like our Father Himself, is unlimited in power, and capable of perfection, which is bliss".

1-6 CORA LINN DANIELS.

February 17th.

One must strive for whatsoever is eternal and everlasting in order day by day to become more illumined, day by day to grow stronger and day by day find new life.

ABDUL BAHA.

1. Let love be without dissimulation.
2. Abhor that which is evil; cleave to that which is good.
3. Be kindly affectioned one to another with brotherly love; in honor preferring one another;
4. Not slothful in business; fervent in spirit; serving the Lord.
5. Rejoicing in hope; patient in tribulation; continuing instant in prayer;
6. Distributing to the necessities of saints;
7. Given to hospitality.
8. Bless them which persecute you: bless them and curse not.
9. Rejoice with them that do rejoice, and weep with them that weep.
10. Be of the same mind one toward another.
11. Mind not high things, but condescend to men of low estate.
12. Be not wise in your own conceits.
13. Recompense to no man evil for evil.
14. Provide things honest in the sight of all men.
15. If it be possible, as much as lieth in you, live peaceably with all men.
16. Dearly beloved, avenge not yourselves, but rather give place unto wrath:
17. For it is written, Vengeance is Mine; I will repay, saith the Lord.

1-17 *Rom.*

February 18th.

Lo, I am with you alway, even unto the end of the world. *Matt. 28:20.*

Is my hand shortened at all, that I cannot redeem? Or have I no power to deliver? *Isa. 50:2.*

Behold, as the clay is in the potter's hand, so are ye in My hand. *Jer. 18:6.*

I am with thee, saith the Lord, to deliver thee.

Jer. 1:19.

My presence shall go with thee, and I will give thee rest. *Ex. 33:14.*

Nothing in this world is sufficient for man. God alone is sufficient for him. God is the protector of man. All the world will not protect the soul. ABDUL BAHA.

A man can receive nothing, except it be given him from heaven. *John 3:27.*

Rest assured in the fact that the breath of the Holy Spirit will aid you—provided no doubts obtain in your hearts. Know this for a certainty. ABDUL BAHA.

God is infinite, therefore ever-present, and there is no other power nor presence. MARY BAKER G. EDDY.

Great is our Lord, and of great power: His understanding is infinite. *Psa. 147:5.*

How happy is the man who lays hold upon God, trusts in Him, remains firm and inwardly becomes confirmed in the love of God and takes refuge under His banner.

ABDUL BAHA.

February 19th.

Ye shall know them by their fruit. *Matt. 7:16.*

Blessed is everyone that feareth the Lord; that walketh in His ways. For thou shalt eat the labor of thine hands: Happy shall thou be, and it shall be well with thee.

Ps. 126:1-2.

Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you. *Heb. 12:14-15.*

In everything be liberal, noble-hearted, kindly, benevolent, quick to appreciate worth, ready to oblige, and regretful when unable to do so; delicate in meeting people half-way, in entering into their feelings, sparing them annoyance, suggestive, knowing how to enhance kindness by avoiding display. FENELON.

If it is not seemly, do it not; if it is not true, speak it not. M. AURELIUS.

1. Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace to the hearers;
2. And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption.
3. Let all bitterness and wrath and anger and clamour and evil speaking be put away from you with all malice.
4. Be tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you.

1-4 *Eph.*

February 20th.

A man's wisdom makes his face to shine. *Eccles. 8:1.*

Power dwells with cheerfulness; hope puts us in a working mood. R. W. EMERSON.

All things respond to the call of rejoicing: all things gather where life is a song. ANON.

We should go forward with blithesome heart-song, happy in the consciousness of living here and now.
G. KLEISER.

Happiness is the natural result of the fulfilment of God's will, which continually increases throughout eternity as your expanding souls grow in capacity for good. ANON.

1. Spiritual happiness is light, while sorrow is darkness.
2. This happiness is the fundamental basis from which man is created and worlds are originated.
3. This happiness is but the love of God.
4. Were it not for this happiness the world of existence would not have been created.
5. But not only is this happiness underlying all reality, but the star of happiness is in every heart.
6. We must remove the clouds so that it may twinkle radiantly.
7. Happiness is an eternal condition.
8. When it is once established, man will ascend to the supreme heights of bliss.

1-8 ABDUL BAHA.

February 21st.

Woe is me for my hurt. My wound is grievous: But I said, Truly this is grief, and I must bear it. *Jer. 10:19.*

My son, despise not the chastening of the Lord; neither be weary of His correction: For whom the Lord loveth He correcteth. *Prov. 3:11.*

They that sow in tears shall reap in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him. *Psa. 126.*

If your heart is depressed on account of health, livelihood or vocation, let not these things affect you. The Lord of Hosts is with you, ready to restore your health and alleviate your burden. He has prepared heavenly food for you; and everlasting glory has He bestowed upon you.

These Glad-Tidings should cause you to soar in the atmosphere of joy and make you thankful unto God forever and ever. *ABDUL BAHÁ.*

1. Sorrow has its reward.
2. It never leaves us where it found us.
3. The furnace separates the gold from the dross that the precious metal may be graven with the image of God.
4. Oh, how purifying sorrow alone is—how sweet in spite of all the pain it brings.
5. What a rich flow of Divine bounty is the arrow of oppression and adversity.
6. Sorrow is the harbinger of joy.
7. And, indeed, all our trials and tribulations are blessings in disguise.

February 22nd.

The righteous shall be in everlasting remembrance. He shall not be afraid of evil tidings. His heart is fixed, trusting in the Lord. His heart is established, he shall not be afraid. *Ps. 112:6-8.*

Be ye strong, therefore, and let not your hands be weak: for your work shall be rewarded. *II Chron. 15:7.*

Set your hope in God, and forget not the works of the Lord, but keep His commandments; and be not as your fathers, a stubborn and rebellious generation that set not their heart aright, and whose spirit was not steadfast with God. *Ps. 78:7.*

1. Do not doubt. Be confident and sure. It will help you.
2. Replace your doubt thoughts with faith thoughts.
3. Trust, and give yourself up to God day by day, without looking further. He will carry you in His arms as a loving mother carries her child.
4. Believe, hope, love, with a child's simplicity, in every need looking with affection and trust to your heavenly Father.
5. Who is our Refuge and our Redeemer.
6. Wherefore hush yourself to your feverish vanities, and drop your busy thoughts and cares.
7. Do not let outward circumstances worry you.
8. Do not try to carry yourself upon your own shoulder.
9. Do not come to beg at your own door.
10. But in silence seek the face of the Father, who loves you; and leave all your burdens on His hands who can and will bear all.

February 23d.

Come and live in the sunshine of your being. Come out of the shadows and the dark places.

You are framed for happiness. You are a child of heaven.

Purity, wisdom, love, plenty, joy, and peace—these are the eternal realities of the Kingdom.

They are the heritage of the holy Christ-child who shall come to birth in your soul. JAMES ALLEN.

When you are happy you are being held by right thoughts. It is when you are unhappy or troubled that you need to take command of yourself and direct your thought upon the truth of being, then is the time to affirm what you cannot feel. Later you will “feel” the truth and be happy again. E. TOWNE.

The sky is as blue, the stars shine as brightly and solemnly for you, as for those upon the sunny slopes of happiness. Hold your dull life up to the light and see how it will be transfigured. J. F. CLARKE.

1. Rejoice in the Lord alway; and again I say, Rejoice!
2. Let your moderation be known unto all men; the Lord is at hand.
3. Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.
4. Then the peace of God which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

1-4 *Phil.*

February 24th.

Any man who trusts in God and endeavors shall lack nothing. B. KING.

Perfect trust is that full and frank communion by which we realize that the Father is with us. Perfect trust is the conquest of fear through the absorbing consciousness of God. O. HUCKEL.

We can darken our windows with fear and gloom, or we can flood our life with sunshine until our worst adversaries will take flight. H. R. ALBEE.

1. The Lord will keep him in perfect peace, whose mind is stayed on Him: because he trusteth in Him.
2. Let us, therefore, trust in the Lord forever:
3. For in the Lord Jehovah is everlasting strength.
4. Let us trust in His bounty and His bestowals.
5. Let us be exhilarated with the heavenly breath.
6. Let us be illumined and exalted by the heavenly Glad-Tidings.
7. The Lord has ever dealt with man in mercy and kindness;
8. And He who conferred the Divine Spirit in former times is abundantly able and capable at all times and periods to grant the same favors.
9. Therefore let us be hopeful.
10. There is no cessation to His bounty.
11. The Divine Spirit is penetrating from eternity to eternity, for it is the bounty of God, and the bounty of God is eternal.
12. It is moving, circulating, and becomes effective wherever capacity is developed to receive it.

1-3 *Isa.* 4-12 ABDUL BAHA.

February 25th.

If a man keep my saying he shall never see death.
John 8:51.

There must be a revolution of ideas concerning death. Men must learn to think no longer that it is a thing of horror. CORA LINN DANIELS.

Let not your heart be troubled, neither let it be afraid. Believe in God and believe also in me. In my Father's house are many mansions. *John 14:1-2.*

May the God of our Lord Jesus Christ, the Father of glory, give unto you the spirit of wisdom and revelation in the knowledge of Him: The eyes of your understanding being enlightened; that ye may know what is the hope of His calling, and what the riches of the glory of His inheritance in the saints. And what is the exceeding greatness of His power to us-ward who believe, according to the working of His mighty power, which He wrought in Christ. *Eph. 1:17-20.*

1. Even now we know that you and every man and every woman will yet be unutterably lovely in the brightness of unspeakable splendor.
2. Why, then, even for a moment, suggest that life eternal is a task?
3. Nay, rather a sweet and swift movement upward, borne on by the ever-present attraction of love for its own;
4. Which, let it act upon the spirit when or where it will, in the body or out of the body, bears its divine command of joy to every created being.

1-4 CORA LINN DANIELS.

February 26th.

The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein. *Ps. 24:1.*

We live in the lap of an immense intelligence, which makes organs of its activity and receivers of its truth.

R. W. EMERSON.

I am ever beyond my depth, afloat in an infinite sea; but the depth of the sea knows me, for the ocean of my being is God. G. MACDONALD.

1. You are eternally related to the Father; you stand for some aspects of His wisdom and power which no one else can represent as well.
2. Each one exists within, and yet is not identical with Him, so that for each He is personally the Father.
3. For each He has provided in that wonderful way of perfect wisdom, which establishes the limit, sees the end, implants the ideal, yet leaves freedom for all to think and have experience, freedom to sin; until at last in the fulness of time you shall awaken from ignorance, learn the wisdom of experience, and choose the life of devotion to the highest.
4. There is no higher ideal to be found as a help in this development than the constant realization of the Spirit, the recognition of the presence and reality of the eternal while still pursuing the pathway of temporal life.
5. A new life, a new world, opens before the mind when one turns aside from the hurry and care of daily life with the calm realization that in this present moment one is a living soul dwelling in the boundless realm of the eternal now.

1-5 H. W. DRESSER.

February 27th.

If any man be in Christ, he is a new creature; old things are passed away; behold, all things are become new. *II Cor. 5:17.*

1. New mercies, new blessings, new light on the way;
New courage, new hope, and new strength for each day;
New notes of thanksgiving, new chords of delight,
New praise in the morning, new songs in the night.
2. New stars for the crown, and new tokens of love;
New gleams of the glory that waits thee above;
New light of His countenance, full and unpriced;
All this be the joy of thy new life in Christ.

F. R. HAVERGAL.

Take Thou my heart's unwritten page,
And write Thou on it what is wanted there.

MICHAEL ANGELO.

1. Rest not a moment and breathe not a breath of repose until you become a sign of God's love and a banner of God's favor.
2. For the real and great love is the love of God. That is holy above the imaginations and thoughts of men.
3. And the beloved of God must each be the essence of purity and holiness; so may they be known by their purity, freedom and meekness in every land;
4. They may drink from the eternal chalice of the love of God, enjoy its ecstasy and be joyful, active, aglow with zeal and wonderful.
5. This is the station of the sincere. This is the quality of those who are firm. This is the illumination of the faces of those who are near.

1-5 ABDUL BAHÁ.

February 28th.

Be sure of one thing: Whatever may befall, God is leading you to happiness by the easiest road. ANON.

Be dilated in your heart by the gentle breeze which emanates from the garden of eternal life. Be not in despair, but rather smile by the mercy of your Lord; and be not sorrowful when meeting with worldly difficulties and depressions, for they pass away—and yours shall be immortality during ages and centuries, times and cycles. ABDUL BAHÁ.

Sing praises to God, sing praises: sing praises unto our king, sing praises. *Ps. 47:6.*

1. Be glad of life because it gives you a chance to love the true and beautiful and good everywhere;
2. Because it enables you to develop all that is best in you;
3. Because it reveals the divinity within you and the glorious destiny just beyond.
4. Life is not a judgment to drudgery. It is a glory, a dignity, an opportunity, a prelude and a reward.
5. And “every life can be happy, if it will”;
6. Sorrow is “a wholly stupid and negative state which no one need fall into” . . . ;
7. For “one has only but to believe in happiness and make room for it . . . in order to live in this constant exhilaration”.
8. And “if a man is happy, it is [merely] because he dwells in happy thoughts; if miserable, because he dwells in despondent and debilitating thoughts”.
9. Circumstances can only affect [him] in so far as [he] allows them to do so.

March 1st.

Love is our only business here—
 Love, simple, constant and sincere;
 Oh! blessed days Thy servants see,
 Thus spent, O Lord! in pleasing Thee.

MME. GUYON.

Plant only flowers of love in the garden of the heart;
 and withdraw not from clinging to the nightingale of love
 and yearning. BAHA'O'LLAH.

By this shall all men know that ye are my disciples,
 if ye have love one to another. *John 13:35.*

Love is perpetual life, the most perfect vitality.

ABDUL BAHA.

1. Nothing is worthy the name of religion save one lowly offering—love. Heaven's signet is Love.
2. It "is the pearl of great price, and its possession includes all else".
3. Love in the life of man radiates in all directions, influencing every person who comes in contact with it, and changing every condition in life.
4. Only as we love do we become really conscious of living, without love we are dead—dead to a knowledge of God and man; dead to a knowledge of our real selves.
5. Our selfishness, our egoistic impulses, our selfish desires, obscure our true vision of the soul. While all begins to clear and life becomes satisfying, "large and full of meaning when we lose the thought of self and begin to love".

1 MARY BAKER G. EDDY. 2-4 C. B. PATTERSON. 5 R. TAGORE and C. B. PATTERSON.

March 2nd.

Seek ye the Lord, all ye meek of the earth, which have wrought His judgment; seek righteousness, seek meekness.

Zeph. 2:3.

Let us search and try our ways, and turn again to the Lord. Let us lift up our heart with our hands unto God in the heavens. *Lam. 3:40-41.*

Seek purity of intention, attractive love, insight, discovery of truth and absolute spiritual attitude, and you will become entirely free from the physical conditions, and will soar to the spiritual realms.

Turning the face toward God brings healing to the body, the mind and the soul. *ABDUL BAHA.*

If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him. *John 14:23.*

If we would do the things that the Spirit prompts us to do, our days would be as our strength, and we would run and never be weary, we would walk and would not faint. *J. HALL.*

1. The heart is a store of Divine mysteries;
2. Make it not a receptacle for mortal thoughts, and consume not the capital of the precious life by occupying yourself with the evanescent world.
3. You are of the world of holiness; attach not your heart unto the earthly life.
4. Set your affection on things above, not on things on earth.

1-3 *BAHA'O'LLAH.* 4 *Col.*

March 3d.

My Spirit that is upon thee, and My words which I have put in thy mouth shall not depart out of thy mouth, nor out of the mouth of thy seed, nor out of the mouth of thy seed's seed, saith the Lord, from henceforth and forever. *Isa. 59:21.*

[Endeavor to be] a willing disciple at the heavenly gate, waiting for the Mind of Christ. MARY BAKER G. EDDY.

Seek a receptive, a childlike spirit; by this you will gain true knowledge, which is of the heart. FENELON.

1. As a general rule, hold yourself open to every influence of good;
2. And give yourself up to the truths that affect you and which you feel are nourishing to your heart.
3. But "take of thought and belief [only] what suits your case and take nothing because told to".
4. Every soul must independently investigate reality;
5. He must not emulate or follow blindly the imitations of asserters.
6. He has to strip himself of every worn-out garment of old beliefs and past customs.
7. And has to be always so disposed as to defer to none of his friends, but to that reason which, after examination, appears to him to be the best.
8. He himself "must decide which is the reasonable, rational and most reverent faith, and having decided, hold to it".
9. If religion should be contrary to reason and the scientific postulates, it is superstition and unworthy of man's credence.

March 4th.

Seek Him that maketh the seven stars and Orion, and turneth the shadow of death into the morning.

Amos 5:8.

At dawn you should be engaged in commemorations, seeking for that Beloved One with the utmost earnestness and power; consuming heedlessness with the fire of love and praise; passing over all else save God with the swiftness of lightning. BAHA'O'LLAH.

When you are plowing the ground or sowing the seeds or reaping the harvest, let all your thoughts and subconscious thinking be of God. Your hands and feet will be working, but your heart must be attached to the Almighty.

ABDUL BAHA.

1. Before all religious meditation we ought to place ourselves in the presence of God, and to call for His help.
2. Recollect that God is everywhere, and that there is no place or thing in the world in which He is not really present;
3. So that as birds in their flight are surrounded by the air, so we, wherever we go, are with God:
4. Everyone knows this truth, but everyone does not think about it.
5. Before prayer we ought always seriously to remind our souls of this truth;
6. Let us say always within ourselves, "Beware, my heart, God is here".
7. But not only is God in the same place with us, but remember that He is in our hearts and in our souls—as if He were the heart of our hearts, and the soul of our souls.

March 5th.

The Lord is gracious and merciful, and will not turn away His face from you, if ye return unto Him.

He forgives all men when they repent.

Yea, joy shall be before Him in heaven over one sinner that repents, more than over ninety and nine just persons which need no repentance.

Even the most unworthy who seeks for salvation is not to be forbidden. *Chron.*, ST. IGNATIUS, *Luke* and BUDDHA.

I create the fruit of the lips; peace, peace to him that is far off, and to him that is near, saith the Lord, and I will heal him. But the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my Lord, to the wicked.

Isa. 57:19-21.

1. Repent ye of your iniquities;
2. Though your sins reach from the earth even unto heaven, and though they be redder than scarlet and blacker than sackcloth, and ye return unto Him with your whole heart and say, Father, He will give ear unto you as unto a holy people.
3. Be ye not afraid, therefore, neither doubt; and let not your sins weigh you down, nor your iniquities lift up themselves against you.
4. But believe on God, your Father, ye who by reason of your sins have despaired of your life;
5. For if ye turn unto Him with your whole heart, and work righteousness the remaining days of your life, He will give healing to your former sins, and ye shall have power to master evil.

1-2 CLEMENT OF ALEXANDRIA. 3 ESDRAS. 4-5 ST. HERMAS.

March 6th.

Whatsoever we ask we receive of Him. *I John 3:22.*

Call unto the Lord, and He will answer thee.

Thou shalt call on His name, and He will hear thee;
He will say, It is my child; and thou shalt say, The
Lord is my God.

The healer of all thy troubles is remembrance of Him.

Seek, therefore, the Lord! for the heart shall live that
seeketh Him. Blessed are they that seek Him daily; He
will surely be found of them.

For He is nigh unto them that turn unto Him, He is
nigh unto all them that call upon Him, to all that call
upon Him in truth.

Jer., Zech., BAHA'O'LLAH, Ps. and ELDAD.

1. Hardly have we opened our hearts in true prayer when
the tide of inspiration sets in.
2. For God is always ready; He speaks always;
3. Whether we catch the rays of His inspiration or not,
He shines eternally, and sends forth His light in all
directions.
4. An ineffable light always comes with more or less
intensity in response to sincere prayer and is the
means by which comfort and strength are born in
upon the soul.
5. It is the light coming from the Divine Mind, which,
if we intelligently and persistently turn to it, will
remove evil from our consciousness as naturally as
the sun removes darkness from our eyes, when we
turn from darkness toward the sun.

March 7th.

Fear thou not, O Jacob, my servant, saith the Lord, for I am with thee. *Jer. 46:28.*

1. Fear beyond its proper use is weakening, deadening, discouraging and evil.
2. The life of the spirit is crushed in a man who fears.
3. For the spirit cannot exist in an atmosphere antagonistic to its own quality.
4. It is out of its element when plunged in fear, as much as a bird would when plunged in water.
5. It must struggle with all its might to live in a body drawn and quartered by fear.
6. For fear is a torment beyond words and is not in any sense spiritual.
7. Cast out, then, this evil the moment it begins to be an evil.
8. Live day by day, moment by moment, as if nestled against God's very heart;
9. For there is no moment that you do not lie upon that Universal Breast which beats forever with the throbs of infinite love.
10. If you knew God had His arm right around you and was speaking the word of victory for you at every moment, you would have no fear.
11. Rest assured this is the absolute fact.
12. The moment you will lean upon that arm, the moment you will listen to and obey that voice, that moment victory in some form awaits your every effort, and fear is needless.

1-12 CORA LINN DANIELS.

March 8th.

Deprive not yourselves of that which is created for you.
For God did not give us good gifts that we should reject them. He created all these blessings that His servants may bless him. BAHA'O'LLAH.

Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting and drunkenness and cares of this life. *Luke 21:34.*

If thou be doubtful whether an action be right or wrong, abstain from it altogether. CONFUCIUS.

Endure hardness, as a good soldier of Jesus Christ.

II Tim. 2:3.

1. Enjoy pleasant things, look with pleasure upon beautiful things, but without clinging to them, without longing to possess them, without holding them dearer than God.
2. The flesh, the senses, the emotions are the instruments by which we attain to the understanding of truth.
3. But they must be kept as instruments, and not allowed to become our masters.
4. Sense indulgence is evil because it keeps the soul away from God.
5. Unless it is held in check progress towards God is quite out of the question.
6. It is difficult to deal with, because sensations remain as abstractions in the mind and, though so subtle that they can scarcely be recognized, exert an effective influence towards their own repetition.

1-6 ABDUL BAHA.

March 9th.

Walk before Me and be thou perfect. *Gen. 17:1.*

Mark the perfect man, and behold the upright: for the end of that man is peace. *Ps. 37:37.*

Put your hand out to strong things: employ yourself in prayer, meditation, instilling the love of God into others, in scattering good feelings over all near you—in doing all great and holy works according to your vocation.

But do not forget your distaff and spindle; do not forget to practice the small and lowly virtues which bloom, like flowers, at the foot of the cross; do not forget to help the poor; to visit the sick, to take care of your household; and while you employ yourself in promoting mildness, charity and goodwill, lift up your heart on high to Him to whom you offer your greatest and all your most trifling actions. ST. FRANCIS DE SALES.

1. Do not look at your weakness and impotence; nay, look at the power of your Lord, which has surrounded all regions.
2. For the sea of forgiveness has moved and the waves of pardon and beneficence have submerged the people of sin.
3. Be isolated from the grades of self and desire, so that you may succeed in that which behooves the service of the Kingdom of God, and that you may be healed from every disease and sickness.
4. Ask God to make you a new creature so that the lights of human perfections may shine through you, and to make you kind-hearted unto all human beings so that you may be a mercy unto souls, absolute goodness to all, a sign of kindness, a word of tenderness.

March 10th.

1. Be glad in the Lord, and rejoice, ye righteous: and let not your heart be depressed.
2. Put sorrow away from yourselves, for she is the sister of doubtfulmindedness and of angry temper.
3. Clothe yourselves in cheerfulness, which has favor with the Lord always, and is acceptable to Him, and rejoice in it.
4. For every cheerful man worketh good and thinketh good and despiseth sadness, but the sad man is always committing sin.
5. Therefore cleanse yourselves from all sadness, and ye shall live unto God.
6. Yea, and all they shall live unto God, who shall cast away sadness from themselves and clothe themselves in all cheerfulness.
7. For God desires to be served with joy.
8. We ought not to be discouraged and made sad even in our spiritual falls.
9. Our sadness should at least be moderated by our hope of pardon and our confidence in God's mercy.
10. Fathers behold the falls of their children rather with compassion than anger; God does the same to us.
11. Let us, therefore, trustfully accept His pardon. And let us be frank, innocent and glad with the gladness of the Holy Ghost.
12. Far from us be that sad and fearful stiffness which is always teasing itself and holding the scales in hand to weigh straws and nothings.
13. To act with so little openheartedness is to wrong Thee, my God. These fears are unworthy of Thy fatherly love.

March 11th.

We can only live by loving,
And by serving love will grow. ANON.

One has only to keep love and faith and sweetness in his heart toward all, and circumstances and conditions will take care of themselves. L. WHITING.

Love! love! love! and be richer far for the giving;
Grow each day
In some good way;
And life will be worth the living.

Render to all their dues: Tribute to whom tribute is due; custom to whom custom; fear to whom fear; honor to whom honor. Owe no man anything, but to love one another; for he that loveth another fulfilleth the law.

Rom. 13:7-8.

Give to him that asketh thee, and from him that would borrow of thee, turn not thou away. *Matt. 5:42.*

1. Let us have love and more love.
2. A love that melts all opposition, a love that conquers all foes, a love that sweeps away all barriers, a love that aboundeth in charity, large-heartedness, tolerance and noble-striving, a love that triumphs over all obstacles—a boundless, resistless, sweeping love.
3. Each one must be a sign of love, a sea of love, a center of love, a sun of love, a star of love, a haven of love, a pearl of love, a palace of love, a mountain of love, a world of love, a universe of love.

1-3 ABDUL BAHA.

March 12th.

This is life eternal that they might know Thee, the only true God, and Jesus Christ whom Thou hast sent.

John 17:3.

For those who believe in God, who have love of God and faith, life is excellent—that is, it is eternal.

ABDUL BAHA.

Why not find out how simple a life episode death is, and help the race to overcome its hideous fear of this bugaboo? That is all it is; there is really no such thing—just life—and then more life. ANON.

Death “is a natural process, like birth, and like birth is an unconscious one. Being unconscious, it is painless and utterly devoid of fear, and being natural, goes on of its own accord without help or hindrance of the person”.

CORA LINN DANIELS.

God will redeem my soul from the power of the grave: for He shall receive me. *Ps. 49:15.*

1. You make death an impenetrable fog, while it is a mere golden mist, torn easily aside by the shafts of faith and revealing life as not only continuous but as not cut in two by a great change.
2. It is like leaving a prison for freedom and happiness.
3. It is, indeed, not “death at all, nor separation, nor anything but beauty and greater love and wider opportunity and higher ideals to live to”.
4. It certainly is not to be feared.
5. And “the attendant pain, if any, can be lessened by spiritual preparation for the change”.

1-2 B. KING. 3 M. CAMERON. 5 M. B. WALLACE.

March 13th.

When I fall I shall arise; when I sit in darkness the Lord shall be a light unto me. I will bear the indignation of the Lord because I have sinned against Him.

Micah 7:8-9.

Divine Love is never so near as when all earthly joys seem most afar. MARY BAKER G. EDDY.

Adore, praise and bless God in everything; see in all things His paternal hand.

Where is there room for any evil, when even the most terrible that can come upon us works together for good?

Can the suffering that God designs to purify us and make us worthy of Himself be called an evil? FENELON.

1. Take courage and turn your troubles, which are without remedy, into material for spiritual progress.
2. Often turn to your Lord, who is watching you, poor, frail, little being as you are, amid your labors and distractions.
3. He sends you help, and blesses your affliction.
4. This thought should enable you to bear your trouble patiently and gently for love of Him who only allows you to be tried for your own good.
5. Raise your heart continually to Him, seek His aid, and let the foundation stone of your consolation be your happiness of being His.
6. All vexations and annoyances will be comparatively unimportant while you know that you have such a Friend, such a Stay, such a Refuge.

1-6 ST. FRANCIS DE SALES.

March 14th.

1. Let your whole care be to serve God in the present moment, being anxious for nothing.
2. Deal with a fruitless anxiety just as you would deal with an impure or resentful notion of the heart. Shut the door on it at once, and with one or two short prayers rouse the will and turn the thoughts in a different direction.
3. Having made known your wishes to God in prayer, and begged Him to deal in the matter, not according to your short-sighted views, but as seems best to His wisdom and love, leave it with Him.
4. If prudence and caution dictate that anything should be done to avert the evil you anticipate, or bring the blessing you desire, do it, and then think no more of the subject.
5. So when watching by the sickbed of a loved one, do everything in your power to arrest the sickness and fear not.
6. Whichever the result, if you are truly in harmony with God's will, and offer no resistance of fear, doubt, distrust, you may be sure Almighty goodness will see to it that the best and only the best for all concerned shall come out of the experience.
7. Trusting in God, doing your utmost, fearless, because sure that God permits no evil to His children, your spirit will breathe over the patient its own vitality and vigor.
8. Your very atmosphere will breed life in the diseased body, by contact, of strength, of purity, faith, power, and out of the very calmness and surety of your soul your loved one may be saved.

March 15th.

Our salvation is of the Lord: He is our strength in the time of trouble. *Ps. 37:39.*

Because thou hast made the Lord, which is my refuge, even the Most High, thy habitation, there shall no evil befall thee, neither shall any plague come nigh thy dwelling.

For He shall give His angels charge over thee, to keep thee in all thy ways.

Indeed, a good Lord is God, and a good help.

His mercy is great above the heavens: and His truth reacheth unto the clouds.

The earth is full of His goodness; and His loving-kindness is before our eyes forever. *Ps., Koran and Ps.*

1. I will lift up mine eyes unto the hills, from whence cometh my help.
2. My help cometh from the Lord, which made heaven and earth.
3. He will not suffer thy foot to be moved.
4. He that keepeth thee will not slumber.
5. Behold, He that keepeth Israel shall neither slumber nor sleep.
6. The Lord is thy keeper:
7. The Lord is thy shade upon thy right hand.
8. The sun shall not smite thee by day, nor the moon by night.
9. The Lord shall preserve thee from all evil.
10. He shall preserve thy soul.
11. The Lord shall preserve thy going out and thy coming in from this time forth and even for evermore.

1-11 *Ps. 121.*

March 16th.

1. Wait on the Lord: be of good courage, and He shall strengthen thine heart: Wait, I say, on the Lord!
2. A child of God has nothing to fear.
3. According to our needs will God give us strength to bear our burdens, and He will hold us by the hand, and guide us all the way to peace, if only we trust.
4. And with every burden He adds a blessing, and makes life richer, fuller, deeper, better for all our experiences.
5. He never takes anything from us without giving us something to bless us in return, for He loves us, and He knows best what we need.
6. O, for a deeper, fuller trust in Him who made us, who keeps us, who loves us beyond our comprehension.
7. We should never doubt His love for us, for more than fond parents love their little ones He cared for us all the time. How can we doubt His love and wisdom?
8. Therefore "cease your complaints, your griefs and be still and know God".
9. The secret of the finding of true joy is in realizing the present.
10. The past is gone, bury it; the future is a mystery, and much of it depends on how you appreciate the present.
11. Think of what mistakes you have made in the past only to avoid them [in the future]. Do your best to-day, and to-morrow will take care of itself.
12. Be kind, helpful, active, trustful, loving and your life will be a success and a blessing.

March 17th.

“There is nothing fortuitous, either in the career of an individual or in the destiny of a nation. Each soul fareth forward upon a path which, although obscured to the soul, is brightly illumined” from the eternal standpoint.

M. B. WALLACE.

1. Commit all your affairs to God, so that you may be a calm, approved and pleasing soul before God.
2. The whole of your affairs—trivial as well as great, irregular as well as in the ordinary course—are under His absolute, daily, hourly supervision and control.
3. Nothing can possibly arise to you or any other which is not foreseen by Him, brought by Him within the circle of His great plan.
4. The little incidents of each day, as well as the solemn crises of life, are His ordering, the occurrences of each day, however unlooked for, however contrary to expectation, are God-sent, and those which affect you, sent specially and with discrimination to yourself.
5. Now, all God asks of you is absolute confidence, and “all will be well, if you take the great step which many find so hard—if you trust God, trust the Spirit—if you deny yourself”.
6. Consciously, distinctly, resolutely, habitually, you need to give yourself, your business, your interests, your family, your affections into the Spirit’s hands, to lead and fashion you as He will.
7. When you work with the current of that Divine Will, all is vital, efficient and fruitful.

March 18th.

Continue in prayer, and watch in the same with thanksgiving. *Col. 4:2.*

If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.

Matt. 18:19-20.

What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

Mark 11:24.

Shall we plead for more at the open fount, which is pouring forth more than we accept?

MARY BAKER G. EDDY.

Ye shall seek Me, and find Me, when ye shall search for Me with all your heart. *Jer. 29:13.*

Am I a God at hand, saith the Lord, and not a God afar off? *Jer. 23:23.*

The spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the spirit itself maketh intercession for us with groanings which cannot be uttered. And He that searcheth the hearts knoweth what is the mind of the spirit, because he maketh intercession for the saints according to the will of God. And we know that all things work together for good to them that love God. *Rom. 8:26-28.*

When man invokes God's favor at the Divine threshold, his mind becomes open, he enters into spiritual pleasures and makes discoveries. By this he enjoys ecstasies of the spirit, and sees the world illumined. He is filled with insight; he becomes fully attuned to the bounties of God and sees them face to face. ABDUL BAHÁ.

March 19th.

A faithful man shall abound with blessings.

Prov. 27:20.

O that thou hadst harkened to my commandments!
Then had thy peace been as a river, and thy righteousness
as the waves of the sea. *Isa. 48:18.*

Be perfect, be of good comfort, be of one mind, live in
peace; and the God of love and peace shall be with you.

II Cor. 13:11.

The Kingdom of God is not meat and drink; but right-
eousness and peace and joy in the Holy Ghost. For he
that in these things serveth Christ is acceptable to God,
and approved of men. *Rom. 14:17-18.*

Goodness and eternal life are joy in themselves.

CORA LINN DANIELS.

The light of God is verily shining in the face of the
man who is of the Kingdom, spiritual, heavenly, divine.

ABDUL BAHÁ.

1. Blessed are the poor in spirit: for theirs is the King-
dom of heaven.
2. Blessed are they that mourn: for they shall be com-
forted.
3. Blessed are the meek: for they shall inherit the earth.
4. Blessed are they which do hunger and thirst after
righteousness: for they shall be filled.
5. Blessed are the merciful: for they shall obtain mercy.
6. Blessed are the pure in heart: for they shall see God.
7. Blessed are the peace makers: for they shall be called
the children of God.
8. Blessed are they which are persecuted for righteous-
ness' sake: for theirs is the Kingdom of heaven.

1-8 *Matt.*

March 20th.

They shall praise the Lord that seek Him. *Ps. 22:26.*

Let the heart of them rejoice that seek the Lord.

Yea, let all those that seek Him rejoice and be glad in Him.

And let such as love His salvation say continually, 'The Lord be magnified!'

For in His presence is fulness of joy; at His right hand there are pleasures for evermore. *Chron. and Ps.*

It is our privilege and our duty to be supremely happy, forever young in spirit. H. W. DRESSER.

1. No soul can prosper without joy.
2. We have to learn to believe in the permanence of nothing but life and joy, and to perceive that the only times when we are not advancing are the times when we linger morbidly in sadness, or childishly in satisfaction.
3. If we have lost the joy, it is because we have not taken possession of our kingdom of love; and the passion and wonder of it have not taken possession of us.
4. If we are living under a leaden sky, it is because our faith is not flowering out in the sunshine of God's love, radiant with the joy of possessing that love.
5. Doubt is the disease of thought, and is twin-sister of fear.
6. If we realize that Love is the heart of the universe and the center of life, fear of all kinds must depart.
7. If we accept that Love, if we apply it to every need, if we live in it, where is there room for fear?

March 21st.

Let brotherly love continue. *Heb. 13:1.*

By love serve one another. *Gal. 5:13.*

All else but love is merely outwardly uttered words.
ABDUL BAHA.

Become incarnations of love and embodiments of spirit
and personifications of kindness. ABDUL BAHA.

Put on, as the elect of God, bowels of mercies, kindness,
humbleness of mind, meekness, long-suffering:

Forbearing one another, and forgiving one another, if
any man have a quarrel against any:

Even as Christ forgave you, so also do ye.

But above all things put on love, which is the bond of
perfectness.

And let the peace of God rule in your hearts, to the
which also ye are called in one body. *Col. 3:12-15.*

1. Never shall you have peace as long as your mind is
 stayed on your own dear self.
2. But when you give up self, then the peace of God will
 be yours.
3. The whole religion of life may be summed up in two
 words: love and service. One is an inner condition
 of being, and the other is the outer expression in
 action.
4. If one can realize the spirit of love within him so that
 the whole life is dominated by it, he has found the
 pearl of great price, . . . the solution of every
 problem.

March 22nd.

We have known and believed the love that God hath to us.

God is Love; and he that dwelleth in love dwelleth in God, and God in him. *I John 4:16.*

“God is Love.” More than this we cannot ask, higher we cannot look, farther we cannot go. MARY BAKER G. EDDY.

The foundation principle of the world is Love and the happiness of everyone is in the long run absolutely certain. R. M. BUKE.

1. Love! What a word! I am in awe before it. Over what worlds on worlds it hath range and is sovereign!
2. The underived, the incomparable, the infinite All of good, the *alone* God, is Love.
3. And we are submerged in the sea of His favor and love—physically and spiritually.
4. His favors compass us from all directions.
5. No human creature is an orphan, but there is a Father, who always and without intermission, takes care of all.
6. He, the Father, loves them as His children.
7. This thought breaks the blow of calamity, spreads lines of beauty over many a ghastly spot of existence, discloses friendly intents in untoward circumstances, and drops healing ingredients into the bitterest cups.
8. And to feel that in the severest sorrow we can sink into a Presence full of love and sympathy deeper than ever breathed from earth or sky or loving hearts—a presence in which all fears and anxieties melt away as ice-crystals in the warm ocean, this is heaven.

March 23d.

The Lord direct your hearts into the love of God.

II Thess. 3:5.

When we learn God aright, we love Him, because He is found altogether lovely. MARY BAKER G. EDDY.

When the love of God is established, everything else will be realized. ABDUL BAHÁ.

Our heart ever changes its place till it finds love, and then it has rest. R. TAGORE.

An effort is needed to attain to love; you have to exercise yourself in search of God, and have to make an endeavor so that you may taste of the honey of union with Him. If you drink of this cup you shall forget the whole world. BAHÁ'O'LLAH.

Do you suppose that without the help of His Spirit one can wish to love Him, fear lest one does not, abhor one's own sins? FENELON.

Do for His sake deeds of love, and He will give you His love. Still yourself, your own cares, your own thoughts for Him, and He will speak to your heart. E. B. PUSEY.

1. Love, love, and remember that you have been loved before loving.
2. Love, indeed, is not silent, but cries continually, 'Love thou Love!'
3. While Truth says, 'Love! Abide in Love's shadow, let all else pass on.'
4. Forgetting all else save Him, be comforted by the Spirit [who is love].

1 ST. CATHERINE OF SIENA. 2 J. RUYSBROECK. 3 EUWAR. 4 BAHÁ'O'LLAH.

March 24th.

1. God is our God for ever and ever: He will be our guide even unto death. He is our hope in the day of evil.
2. He is familiar with every route that is trodden by human feet from the cradle to the grave, and we cannot reach a point beyond the power of Love to come to our rescue.
3. Why then should we be worried and anxious?
4. May be, some fear haunts us. We are afraid of falling into something that will hurt us, or somebody else.
5. Suppose now that we just let ourselves fall. Rest a while by saying, 'I have no concern about what happens. I am not anxious.' It will be well for us to try falling for a time. We have been on such a strain, trying to hold ourselves up, to keep from falling.
6. Let us now yield, give up the strain, fall. What then? Where is there to fall but into God? When we let go we shall feel His strong arms all about us. All threats of what may happen to us will be proved powerless when we give up resistance. Let come what will, for only God can come!
7. We know not where His islands lift
 Their fronded palms in air;
 We only know we cannot drift
 Beyond His love and care.
8. In the supremest moments of human life it is He who stands by us, not we by our faith in Him, and we would fain doubt Him, if we could; but we never quite persuade ourselves that He will fail to fulfill every earnest desire and justify all the conditions in which we have been placed.

March 25th.

And I, if I be lifted up from the earth, will draw all men unto me. *John 12:32.*

Ye know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich. *II Cor. 8:9.*

God was in Christ, reconciling the world unto Himself, not imputing their trespasses unto them. *II Cor. 5:19.*

Christ also hath once suffered for sins, the just for the unjust, that he might bring us to God. *I Pet. 3:18.*

Thou wast slain, and hast redeemed us to God by thy blood out of every kindred and tongue and people and nation; and hast made us unto our God kings and priests. *Rev. 5:9-10.*

He died for all, that they which live should not henceforth live unto themselves, but unto Him which died for them and rose again. *II Cor. 5:15.*

1. Surely he hath borne our griefs, and carried our sorrows: Yet we did esteem him stricken, smitten of God and afflicted.
2. But he was wounded for our transgressions, he was bruised for our iniquities:
3. The chastisement of our peace was upon him; and with his stripes we are healed.
4. All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquity of us all.

1-4 *Isa.*

March 26th.

Thy heart is not right in the sight of God. *Acts 8:21.*

You have not, as it were, forsaken Me, but your own selves, saith the Lord. *ESDRAS.*

I tremble and I burn: I tremble, feeling that I am unlike Him; I burn, feeling that I am like Him.

ST. AUGUSTINE.

God's voice is no foreign accent: He is in the soul, as the soul is in the body,—a something which we cannot distinguish from ourselves, yet which we are conscious is leading, restraining, controlling us. *FENELON.*

No soul strives and searches and loves without the Father. Though we deny and doubt Him, He is ever here, near to our hearts even when we spurn Him.

H. W. DRESSER.

1. God has created you rich:
2. Why do you make yourself poor?
3. Noble has He made you:
4. Why do you degrade yourself?
5. Of the essence of knowledge has He manifested you:
6. Why do you search for another than Him?
7. From the clay of love has He kneaded you:
8. Why do you seek another?
9. Turn your sight unto yourself, that you may find Him
standing within you, powerful, mighty and supreme.

1-9 *BAHA'O'LLAH.*

March 27th.

I will walk within my house with a perfect heart.

Ps. 101:2.

The heart of a man changeth his countenance, whether it be for good or for evil. *Ecclesiasticus.*

Every right action and true thought sets the seal of its beauty on person and face. J. RUSKIN.

You conquer fate by thought. The consequences of thinking inevitably follow. T. CARLYLE.

As thou wouldst be ashamed to let thy tongue run all day, and say: 'I cannot stop it,' so shouldst thou be ashamed to let thy thoughts run at random, or on hurtful things, and say: 'I cannot help it.' R. BAXTER.

1. Thought of any kind is a power.
2. Beautiful thoughts of all kinds crystallize into habits of grace and kindness, which solidify into genial and sunny circumstances.
3. A man cannot directly choose his circumstances, but he can choose his thoughts and so indirectly, yet surely, shape his circumstances.
4. And "every thought-seed sown or allowed to fall into the mind, and to take root there, produces its own, blossoming sooner or later into act".
5. Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts.

1 CORA LINN DANIELS. 2-4 J. ALLEN. 5 MARY BAKER G. EDDY.

March 28th.

The Lord made us this soul. *Jer. 38:16.*

The soul cannot move, wake, or open the eyes without perceiving God. We perceive God through the soul as we feel air on the body. We can know God easily so long as we do not feel it necessary to define Him. J. JOUBERT.

Cease the contemplation of your own finite selves, and fix your eyes upon regnant Reality. Then will the soul come into the full nature of the divine power of the spirit and receive the blessing of infinite bounty.

ABDUL BAHA.

Our daily worship of God is not really the process of gradual acquisition of Him, but the daily process of surrendering ourselves, removing all obstacles to union and extending our consciousness of Him in devotion and service, in goodness and love. R. TAGORE.

1. We must always strive to have a heart clear and pure, so that the light of the Spirit may be reflected from it in all its fulness; that God may manifest and make apparent the signs of His Oneness, which have been deposited in all the realities of life; and that He may free us from the fetters of material being.
2. Verily, if our hearts are open to the light of His Spirit, if we are expanding with its life, growing pure in the presence of its love, it will gradually and harmoniously transform our whole being, overcome and transmute all that is not brought into subjection, and lift our finite life to the exalted plane of wise obedience to the perfect will of the Infinite.

March 29th.

Thou shalt have no other gods before Me.

Thou shalt not make unto thee any graven image.

Thou shalt not take the name of the Lord thy God in vain.

Remember the Sabbath day to keep it holy.

Honour thy father and thy mother.

Thou shalt not kill.

Thou shalt not commit adultery.

Thou shalt not steal.

Thou shalt not bear false witness against thy neighbour.

Thou shalt not covet. *Ex. 20:3-17.*

This is the sum of all true righteousness:—

Treat others as thou wouldst thyself be treated,

Do nothing to thy neighbor which hereafter

Thou wouldst not have thy neighbor do to thee.

In causing pleasure, or in giving pain,

In doing good or injury to others,

In granting or refusing a request,

A man attains a proper rule of action

By looking on his neighbor as himself.

MAHA-BHARATA.

Where have I been? In what have I transgress'd?

What good or ill has this day's life express'd?

Where have I fail'd in what I ought to do?

In what to God, to man or to myself I owe?

Inquire severe whate'er from first to last,

From morning's dawn till ev'ning's gloom has past.

If evil were thy deeds, repenting mourn,

And let thy soul with strong remorse be torn.

If good, the good with peace of mind repay,

And to thy secret self with pleasure say,

Rejoice, my heart, for all went well to-day.

PYTHAGORAS.

March 30th.

1. Give yourself up to God;
2. Never give ear to your own imaginations; hearken solely to the Spirit of grace.
3. Live by faith only.
4. Implicit faith will do more for [you] than reasoning.
5. It is by faith and trust that you must live.
6. It is by faith and not by sight that you must walk.
7. For faith is our light in the darkness of the night of this world.
8. Faith is necessary or you will be shaken within yourself by every tide of thought that you touch on.
9. Faith renders the spirit strong.
10. Doubt and unbelief are the destroyers.
11. Have faith, therefore. Believe and receive.
12. Expect all, and all will be given you; God and His peace will be with you.
13. If you put no limit to what you expect of Him, it will be to you according to your faith.
14. Faith is an act of will, a moral venture.
15. No man can omit this initial step;
16. And no man who has thus given his will to God has ever felt himself permanently bewildered or forsaken.
17. For faith is the magnet which draws the confirmation of the Lord.

1-3 J. CHEVREUSE. 4 O. S. MARDEN. 5 ANON. 6 *Cor.* 7 ST. JULIAN OF NORWICH. 8 M. C. 9-10 PARACELSUS. 11 ANON. 12-13 FENELON. 14-16 K. HILTY. 17 ABDUL BAHA.

March 31st.

If we confess our sins, He is faithful and just to forgive our sins, and to cleanse us from all unrighteousness.

And our sins are forgiven and we are pardoned if we are sick of our sins, whether we know we are pardoned or not.

But as God forgives our sins after we repent, right so wills He that we forgive our sins, as anent our useless heaviness and our doubtful dreads.

ST. JOHN, L. ABBOTT and ST. JULIAN OF NORWICH.

1. Seek the Lord, because He may be found; call upon Him, for He is near:
2. Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him: and to our God, for He will abundantly pardon.
3. For My thoughts are not your thoughts, neither are your ways My ways, saith the Lord.
4. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts.
5. For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater:
6. So shall My word be that goeth forth out of My mouth:
7. It shall not return unto Me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I send it.
8. For ye shall go out with joy, and be let forth with peace.

1-8 *Isa.*

April 1st.

All we need to do from moment to moment is to be true to the best we know. H. W. DRESSER.

True sacrifice is making holy every possession, each thought and deed. BAHA'O'LLAH.

Search me, O God, and know my heart: try me and know my thoughts; and see if there be any wicked way in me, and lead me in the way everlasting. *Ps. 139:23-34.*

All are content in simply growing as God wills, and the joy of every step and every condition, each after its own kind, is a crescendo of multiplied sensations and pleasures.
CORRA LINN DANIELS.

1. As much as you can, do perfectly that which you do; but when it is done do not think any more about it; think of what is to be done next.
2. Walk simply with the cross of our Lord, and do not torment your mind.
3. Hate your defects; but with a tranquil and peaceful hatred, not with a troubled and distempered hatred.
4. We ought to have patience when we see them, and derive from them the profit of a holy abasement of ourselves.
5. Do not lose courage; God will hold you with His hand.
6. What we have done up to the present time is good, but what we are about to begin shall be better; and when we shall have finished we will recommence something else which shall be still better.

1-6 ST. FRANCIS DE SALES.

April 2nd.

Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God.

I John 3:1.

I am Thine, save me. *Ps. 119:94.*

Practise daily the effort of holding the thoughts: "I am a child of God, made in His image and likeness. I have no will but His. I am spiritual and do not live in or for the material. I do not yield to error. The greatest error is to doubt God." . . . I can and do rest in the Lord.

F. SEWARD.

1. What we have to learn is, to realize in our own way that we live with God; that God lives in us;
2. That He is completing us, moving upon us through the forces, the events, the world in which He resides, through our weaker nature, our faults, through the conflicts which we have so long misinterpreted, through pain, through happiness, and all that constitutes experience;
3. That we have no power wholly our own, but that we use and are used by Divine power;
4. That we are equal to any task, any emergency, any struggle, for God is here.
5. Help is near; we need not go anywhere for it. It is omnipresent. It abounds.
6. It comes to us in proportion to our receptivity to it, our faith in it, our happiness, our hope, our patience.

1-6 H. W. DRESSER.

April 3d.

Do not worry yourself; for all worry hurts the judgment and hinders us from doing well the very things for which we worry ourselves. Never was anything well done which was done with hurry and worry. We always do things soon enough when we do them well.

Therefore do not hurry; have faith!

ST. FRANCES DE SALES and W. CARPENTER.

Do not worry as to when and how things will come. Your part is to put all your faith and trust in the One life that lives through you and go straight ahead according to the best light you have.

Do, indeed, "all that true fear demands, in the way of precautionary measures". But "if you then utterly drop fear, you become calm, quiet, cool, brave, strong, powerful, influential and a force".

E. TOWNE and CORA LINN DANIELS.

Like the cellar-growing vine is the man who lives in the darkness and bondage of fear; but he that goes forth, with the liberty of God, into the light of love, faith and hope, will be like the plant in the field, healthy, robust and joyful. H. W. BEECHER.

No longer forward nor behind,
I look in hope or fear,
But grateful take the good I find,
The best in now and here. J. G. WHITTIER.

As then the tulip for her morning sup
Of heav'nly vintage from the soil looks up,
Do you devoutly do the like, till heav'n
To earth invert you—like an empty cup.

OMAR KHAYYAM.

April 4th.

She hath done what she could. *Mark 14:8.*

We are all capable of more than we do.

We live far within our limits.

MARY BAKER G. EDDY and W. JAMES.

Do not allow the opportunity to fall from your grasp.

BAHA'O'LLAH.

Nothing will produce results save intense sincerity.

Nothing will be productive of fruit save complete advancement toward God. ABDUL BAHA.

1. Whatever your hand findeth to do, do it with your might.
2. Whatever it is, throw your whole soul into it . . . ; make every thought, word and deed count.
3. Your soul must be made to set its whole and sole attention on what it wishes to accomplish.
4. One cannot scatter his fire, and at the same time hit the mark.
5. And there is no time for trifling, for in the Kingdom of God there are no trivial things.
6. It calls for faithfulness in all things, and for all your capacity and power.
7. Be alert and act!
8. Deeds reveal the station of man.
9. Every moment's vast importance
Should compel your earnest thought,
Should record a worthy something
You have done.

1 *Eccles.* 2 C. B. PATTERSON. 4 MARY BAKER G. EDDY. 8 BAHA'-O'LLAH. 9 ANON.

April 5th.

My beloved brethren; be ye steadfast, unmovable, always abounding in the work of the Lord, for as much as you know that your labor is not in vain in the Lord.

I Cor. 15:58.

Your hearts must be illumined, your souls must be rejoiced with the Glad-Tidings of God, your morals must be spiritual morals, your conduct must be an evidence of faith. **ABDUL BAHA.**

The wisdom that is from above is first pure, then peaceable, gentle and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy; and the fruit of righteousness is sown in peace to them that make peace. *Jas. 3:17.*

Unto you that fear My name shall the sun of righteousness arise with healing in his wings. *Mal. 4:2.*

1. Keep your eyes lifted up to God.
2. Make your spirits perpetually the master of your inclinations and humors.
3. Never allow apprehensions to enter into your heart.
4. Try to "rejoice in this world to see and feel its beauty".
5. To let the heart open in gratitude as naturally as the flowers blossom.
6. To stand ready to serve in even the humblest way.
7. To rise above petty annoyances and to be calm.
8. To trust God amid the hardest trials, to find life sweet amid the deepest sorrows.
9. And have faith in the power of love to conquer even enmity, sin and death.

1-3 ST. FRANCIS DE SALES. 4-9 J. JOHONNOT.

April 6th.

Walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; strengthened with all might, according to His glorious power, unto all patience and long-suffering with joyfulness.

Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light.

Who hath delivered us from the power of darkness, and hath translated us into the Kingdom of His dear Son: in whom we have redemption through his blood, even the forgiveness of sins. *Col. 1:10-13.*

1. I count all things but loss for the excellency of the knowledge of Christ Jesus, my Lord:
2. For whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, and be found in him;
3. That I may know Him, and the power of His resurrection, and the fellowship of His sufferings, being made conformable unto His death; if by any means I might attain unto the resurrection of the dead.
4. Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.
5. Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the price of the high calling of God in Christ Jesus.

1-5 *Phil.*

April 7th.

The Lord make you to increase and abound in love one toward another, and toward all men. *I Thess. 3:12-13.*

Let us be good one towards another according to the compassion and sweetness of Him that made us.

CLEMENT OF ALEXANDRIA.

1. The Divine table is spread, the heavenly illumination is all-encircling; eternal life is provided for all.
2. Therefore let us practice the Divine essence of love and love each other from our very hearts and souls.
3. The practice of religion involves as a first principle a loving, compassionate heart for all men, yea, for all creatures.
4. Therefore, under all circumstances, whether in adversity or comfort, in glory or affliction, let us show forth love and affection, compassion and union.
5. For only that life is godly which abounds in affection and love.
6. Such a life is blessed and rich.
7. For to love abundantly is to live abundantly.
8. And the true healing of the soul is always through the birth of love.
9. Infinite tenderness enfolds and cherishes the universe; therefore is the wise man gentle and kind, childlike and tenderhearted.
10. He sees that the one thing which all creatures need is love [and kindness], and he gives it unstintingly.
11. For God has created all; all are the children of God; God provides for all; God rears and nurtures all; God is kind to all. Why should we be unkind?

1-2 ABDUL BAHA. 3 BUDDHA. 4 BAHÁ'Ó'LLAH. 7 ANON. 8 T. TRAHERNE. 9-10 JAMES ALLEN. 11 ABDUL BAHA.

April 8th.

Joy should be sedulously cultivated as one of the first among Christian virtues. F. E. B. DONALDSON.

When a man turns his face to God, he sees sunshine everywhere. ABDUL BAHA.

Only wait, only endure, only believe, and a sweetness, a beauty, a truth beyond your utmost dreams shall be revealed. A. C. BENSON.

Let us live happily, then, not hating those who hate us. Let us live happily, then, free from ailments among the ailing. Let us live happily, then, free from greed among the greedy. Let us live happily, then; though calling nothing our own, we shall be as angels feeding on happiness. BUDDHA.

There is something profoundly unhealthy in our thought if any trouble whatever leads us to suppress this happy tendency, if the song of our souls does not remain as long as we remain.

1. We should be more rejoicing in His whole love than sorrowing in our often fallings.
2. For it is the most worship to Him of anything we do, that we live gladly and merrily for His love in our penance.
3. For He beholdeth us so tenderly that He seeth all our living penance.
4. Nature's longing is our natural penance—the highest, as to my sight.

1-4 ST. JULIAN OF NORWICH.

April 9th.

1. All ye people, clap your hands; shout unto God with the voice of triumph, and rejoice in the Lord.
2. Yea, let all those that put their trust in Him rejoice.
3. Let them ever shout for joy, because He defendeth them.
4. Let them also that love His name be joyful in Him.
5. Neither let them be sorry; for the joy of the Lord is their strength.
6. Verily, blessed is the people that know the joyful sound; they shall walk, O Lord, in the light of Thy countenance.
7. In Thy name shall they rejoice all the day.
8. And in Thy righteousness shall they be exalted.
9. For Thou art the glory of their strength;
10. And in Thy favor their horn shall be exalted.
11. My soul also shall be joyful in the Lord:
12. It shall rejoice in His salvation.
13. I will be glad and rejoice in Him.
14. Yea, I will greatly rejoice in the Lord;
15. My soul shall be joyful in my God.
16. For He hath clothed me with the garments of salvation.
17. He hath put gladness in my heart, more than in the time that their corn and their wine increased.
18. And although the fig tree shall not blossom, neither shall fruit be in the vines;
19. The labor of the olive shall fail, and the fields shall yield no meat;
20. The flock shall be cut off from the fold, and there shall be no herd in the stalls:
21. Yet I will rejoice in the Lord;
22. I will joy in the God of my salvation.

April 10th.

If the blood of bulls and of goats and the ashes of an heifer sprinkling the unclean, sanctifieth to the purifying of the flesh: how much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge our conscience from dead works to serve the living God. *Heb. 9:13-14.*

1. God who is rich in mercy, for His great love wherewith He loved us, even when we were dead in sins, hath quickened us together with Christ, and hath raised us up together, and made us sit together in heavenly places in Christ Jesus.
2. That in the ages to come He might show the exceeding riches of His grace in His kindness towards us in Christ Jesus.
3. For by grace are we saved through faith, and that not of ourselves: it is the gift of God:
4. Not of works, lest any man should boast.
5. For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful and hating one another.
6. But after that the kindness and love of God our Saviour toward man appeared;
7. Not by works of righteousness which we have done, but according to His mercy He saved us, by the washing of regeneration and renewing of the Holy Ghost;
8. Which He shed on us abundantly through Jesus Christ our Saviour;
9. That being justified by His grace, we should be made heirs according to the hope of eternal life.

1-4 *Eph.* 5-8 *Til.*

April 11th.

The Universe is a living and loving Presence and everything works for the good and joy of each and all of us.

E. TOWNE.

1. Universal Love is the law above all other laws.
2. There are no truths and no laws which are not founded in and conserved wholly of love.
3. Love rules everything, wisdom guides everything.
4. Love and God are the same:
5. God is Love, yea, all love, and so all love that nothing but love can come from Him.
6. He is the blesser of every created thing; nothing but blessing, goodness and happiness comes from Him because He has in Himself nothing else to give.
7. His creation has not its source in any necessity; it comes from His fulness of joy; it is His love that creates; therefore in creation is His own revealment.
9. And to know that Love alone was the beginning of nature and creature, that nothing but Love encompasses the whole universe of things; that the governing Hand that overrules all, is nothing but omnipotent and omniscient Love, using an infinity of wisdom, to save every misguided creature from the miserable works of its own hands, and make happiness and glory the perpetual inheritance of all the creation, is a reflection that must be quite ravishing to every intelligent creature that is sensible of it.

2-3 CORA LINN DANIELS. 4 W. T. STEAD. 5-6 W. LAW. 7 R. TAGORE. 8 W. LAW.

April 12th.

1. Let the Lord appear before my sight as the first of all lights and all forms. The first thrill of joy to my awakened soul let it come from His glance. And let my return to myself be immediate return to Him.
2. While outwardly busy let me be occupied with Him more than with anything else. And let me not count that I have lived that day, in which I have not lived with Him.
3. For vanity of vanities, and all is vanity, except to love Him, and to serve Him only.
4. Let nothing be great unto me, nothing high, nothing pleasing, nothing acceptable, but only God Himself, or that which is of God. He alone is everlasting, and of infinite greatness, filling all creatures, the soul's solace, and the true joy of the heart.
5. Cause me, O Lord, to attain to the sweetness of beholding Thy beauty, for as much as this is the utmost wish, the mightiest gift and the greatest bestowal.
6. Take away whatever is in me that is satisfied with less than Thyself. Take away my own self.
7. Let only that little be left of me whereby I may name Thee my all. Let only that little be left of my will whereby I may feel Thee on every side, and come to Thee in everything, and offer to Thee my love every moment.
8. Let only that little be left of me whereby I may never hide Thee. Let only that little of my fetters be left whereby I am bound with Thy will, and Thy purpose is carried out in my life—and that is the fetter of Thy love.

April 13th.

In the fear of the Lord is strong confidence.

Prov. 14:26.

O Lord, be gracious unto me; I have waited for Thee: Be Thou my arm every morning, my salvation also in the time of trouble. *Isa. 33:2.*

1. Since Love took over the care of everything, you should not take care of anything, nor let any thought of the morrow disturb your mind.
2. Do not look forward to the changes and chances of this life in fear; rather look to them with full hope that, as they arise, God, whose you are, will deliver you out of them.
3. He has kept you hitherto,—do you but hold fast to His dear hand, and He will lead you safely through all things; and, when you cannot stand, He will bear you in His arms.
4. Do not look forward to what may happen to-morrow; the same everlasting Father who cares for you to-day, will take care of you to-morrow, and every day.
5. Either He will shield you from suffering, or He will give you unfailing strength to bear it.
6. Be at peace, then, and put aside all anxious thoughts and imaginations.
7. Do not worry.
8. Worry is distrust; worry is disbelief. Trust and faith forbid worry.
9. If you believe God, you have no occasion to worry.
10. If you really believe and trust Him, your needs will be met, day by day, whether you can see the way in advance or not. Maintain the joy of the Lord.

April 14th.

Turn ye to the Lord with all your heart, and with fasting, and with weeping, and with mourning:

And rend your heart, and not your garments, and turn unto Him:

For He is gracious and merciful, slow to anger and of great kindness, and He doth repent of evil.

Return unto Him, and He will return unto you;

For He is merciful, and will not keep anger forever.

Only acknowledge your iniquity, that you have transgressed against the Lord your God.

Wash your heart from wickedness, that you may be saved. *Joel, Mal. and Jer.*

1. It is never too late to repent, to love more, to work more, to watch and pray.
2. You cannot alter the past: Leave that to God; give yourself to the future. You cannot earn the remission of sins: Accept it as His free gift.
3. If you have been wanting towards God, all you have to do is to resist Him no longer. Even if you have disappointed God hundreds of times, return sincerely to Him, cease to resist Him, and He will at once open His arms to you.
4. It is He Himself who has inspired you with the wish to return; how can He fail to welcome the aspiration which He Himself has kindled in your heart? Do not fear that your unfaithfulness can render you unworthy of the mercy of God; nothing is so worthy of His mercy as a great misery.
5. O how God loves those who present themselves with their most soiled and tattered garments, and who ask of Him as of a father a garment worthy of Him.

April 15th.

Be ye also ready. *Matt. 24:44.*

Let your loins be girded about, and your lights burning. *Luke 12:35.*

Behold, I come quickly: Hold that fast which thou hast, that no man take thy crown. *Rev. 3:11.*

Teach us to number our days, that we may apply our hearts unto wisdom. *Ps. 90:12.*

The world is mortal. In one instant it will pass away, but the principle of ease and tranquillity is the soul which is in the eternal world.

Real life is the life of the spirit, while the body has to die when its light has come to an end. Therefore, of what importance is it? ABDUL BAHÁ.

“What a comparatively momentary affair” our whole life is. CORA LINN DANIELS.

This mortal life is fickle and unstable like unto a shifting shadow, and the human life is like unto a mirage and a reflection on the water. Even a short duration of life is sufficient. ABDUL BAHÁ.

The process of material life “never takes any noticeable length of time”. CORA LINN DANIELS.

Hear my prayer, O Lord, and give ear unto my cry, hold not Thy peace at my tears: For I am a stranger with Thee, and a sojourner, as all my fathers were. O spare me that I may recover strength, before I go hence and be no more. *Ps. 39:12-13.*

April 16th.

Dwell in thought upon those things only that are of real moment. M. B. WALLACE.

Search your hearts. Purify your minds. Have supreme faith. Do not falter. Sanctify your every thought.

M. B. WALLACE.

One strong heavenward aspiration, one deep desire, one clear thought, is more precious than a whole day, even a godly day, lived on the surface of things.

M. B. WALLACE.

Let us turn away from material thoughts. Let us turn away from limited things and soar toward the limitless, the empyrean realms of vision. ABDUL BAHA.

Keep your minds so filled with Truth and Love, that sin, disease, and death cannot enter them.

Nothing can be added to the mind already full.

There is no door through which evil can enter, and no space for evil to fill in a mind filled with goodness.

MARY BAKER G. EDDY.

1. The best antidote against evils of all kinds, against the evil thoughts that haunt the soul, against the needless perplexities which distract the conscience, is to keep hold of the good we have.
2. Impure thoughts will not stand against pure words and prayers and deeds.
3. Little doubts will not avail against great certainties.
4. Fix your affection on things above, and then you will less and less be troubled by earthly cares, and you will be freed from the bondage of fear.

1-4 DEAN STANLEY.

April 17th.

The Spirit of God hath made me, and the breath of the Almighty hath given me life. *Job 33:4.*

You are put here in your world principally to accomplish Divine diffusion. God multiplies Himself in you. You are one of the sparks of eternal joy thrown off from the great centre of life. CORA LINN DANIELS.

It is the rich Divine exuberance in which we live, move, and receive vitality. We are compassed with good, and living in an eternal fountain of strength. All potency is in spirit. Our trust is in the unseen. Through it we are filled with life. H. WOOD.

Citizens of the world, accept the "glorious liberty of the children of God," and be free! This is your divine right.

The illusion of material sense, not divine law, has bound you, entangled your free limbs, crippled your capacities, enfeebled your body, and defaced the tablet of your being.

MARY BAKER G. EDDY.

In the quiet inner center of yourself is this living Presence, in whose love and wisdom you may repose in peaceful trust. It exists, it abounds, it abides. You need not consult books or persons, nor approach it through the media of petitions and ceremonies. You simply need to discover that the very life by which you exist is a part of this abiding Presence, persisting through all the mutations of time, and then to rise to a plane superior to the sensations, the self-interests, fears, beliefs and pleasures which have so long held you in bondage to matter.

H. W. DRESSER.

April 18th.

Holy, holy, holy is the Lord of Hosts: The whole earth
is full of His glory. *Isa. 6:3.*

Thou art of purer eyes than to behold evil. *Hab. 1:13.*

The imagination of man's heart is evil from his youth.
Gen. 8:21.

O son of existence! Thy heart is my home: purify it for My descent: Thy spirit is My outlook: Prepare it for My manifestation. BAHÁ'O'LLÁH.

Thou meetest him that rejoiceth and worketh righteousness, those that remember Thee in Thy ways. *Isa. 6:4.*

My soul followeth hard after Thee. *Ps. 63:8.*

O send out Thy light and Thy truth: Let them lead me.
Ps. 43:3.

Who can understand his errors? Cleanse Thou me
from secret faults. *Ps. 19:12.*

Behold, this was the iniquity of thy sister Sodom, pride, fulness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and the needy. *Ezek. 16:49.*

The spirit resembles a rivulet when the earth fills the soul. Put away the terrestrial and the mighty torrent of living water will rush through your freed body.

ABDUL BAHÁ.

Sow to yourselves in righteousness, reap in mercy; break up your fallow ground: For it is time to seek the Lord, till He come and rain righteousness upon you.

Hos. 10:12.

April 19th.

The Lord our God is holy. *Ps. 99:9.*

May God establish your hearts unblamable in holiness.

I Thess. 3:13.

May God make you a dear one of the two realms, free you from every fetter save the love of God, and confirm you by the breaths of the Holy Ghost. ABDUL BAHA.

1. We must travel in the way of God.
2. Day and night we must endeavor to become better;
3. Our belief must increase and become firmer;
4. Our good qualities and our turning to God must be greater; the fire of our love must flame more brightly.
5. Then, day by day, we will make progress.
6. This progress depends upon faithfulness, wisdom, chastity, intelligence and action.
7. We are ever degraded by ignorance, lack of faith, untruth and selfishness.
8. Self-ignorance, self-will, self-righteousness, lust, covetousness, envy, revenge, are foes to grace, peace, and progress; they must be met manfully and overcome, or they will uproot all happiness.
9. Be of good cheer; the warfare with one's self is grand; it gives one plenty of employment.
10. And the divine Principle worketh with you,—and obedience crowns persistent effort with everlasting victory.
11. If this heart, humble and trustful, faithfully asks divine Love to feed it with the bread of heaven, health, holiness, it will be conformed to a fitness to receive the answer to its desire.

1-5 ABDUL BAHA. 6-7 BAHA'O'LLAH. 8-11 MARY BAKER G. EDDY.

April 20th.

In His times He shall shew, who is the blessed and only potentate, the King of kings and Lord of lords; who only hath immortality, dwelling in the light which no man can approach unto; whom no man hath seen, nor can see, to whom be honor and power everlasting. Amen.

I Tim. 6:14-15.

God, the Highest, is in the deepest abyss within us and is waiting for us to return to Him. He is so great, and yet nobody finds Him; he calls so loudly, and nobody hears Him; He is so near and nobody feels Him; He gives Himself to everybody, and nobody knows His name—men flee from Him, and say they cannot find Him; they turn their backs and say, they cannot see Him. J. DENCK.

He with all His gifts is common to all. J. RUYSBROECK.

O friends! Sleep with your face turned to the Friend, and rest in bed in the thought of the Beloved One. From flowers inhale the fragrance of the Loved One, and in every fire see the light of the face of the Desired One.

BAHA'O'LLAH.

Whosoever loves money does not love God, and whosoever loves God does not love money. ABDUL BAHA.

Yes, I know, this is nothing but Thy love, O Beloved of my heart—this golden light that dances upon the leaves, these idle clouds sailing across the sky, this passing breeze leaving its coolness upon my forehead. The morning light has flooded my eyes—this is Thy message to my heart. Thy face is bent from above. Thy eyes look down on my eyes, and my heart has touched Thy feet. R. TAGORE.

April 21st.

Become, every one of you, a new creation. Be baptized by the fire of the love of God and by the spirit of the knowledge of God, in order that you may become characterized by the spiritual attributes. ABDUL BAHA.

Let not the flesh, but the Spirit, be represented in me. And let not sin reign in your mortal body, that ye should obey it in the lusts thereof.

But walk in the Spirit, so that ye shall not fulfill the lusts of the flesh. MARY BAKER G. EDDY, *Rom. and Gal.*

God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.

II Cor. 4:6.

1. Whatever guides thought spiritually benefits mind and body.
2. Indeed, "a man rightly guided in life, living spiritually thoughtful days, instead of days of blindness, is so filled with the light and life of the Spirit that it constantly cleanses him. Every fiber of his being responds".
3. Even the pangs of death disappear, accordingly as the understanding that we are spiritual beings here reappears.
4. Oh, for that light and love ineffable, which casteth out all fear, all sin, sickness, and death; that seeketh not her own, but another's good; that saith Abba, Father, and is born of God!

1 MARY BAKER G. EDDY. 2 T. TAPPER. 3-4 MARY BAKER G. EDDY.

April 22nd.

Behold, we count them happy which endure. *Jas. 5:11.*

How little human grief is, how unreal, how baseless!

CORA LINN DANIELS.

The sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

Rom. 8:18.

In the world ye have tribulations: but be of good cheer; I have overcome the world. *John 16:33.*

For a small moment have I forsaken thee; but with great mercies will I gather thee. In a little wrath I hid My face from thee for a moment; but with everlasting kindness will I have mercy on thee, saith the Lord, thy Redeemer. *Isa. 54:7.*

O satisfy us early with Thy mercy; that we may rejoice and be glad all our days. Make us glad according to the days wherein Thou hast afflicted us, and the years wherein we have seen evil. *Ps. 90:14-15.*

Is any among you afflicted? Let him pray. Is any merry? Let him sing psalms. *Jas. 5:13.*

The spirit of man will sustain his infirmity.

Prov. 18:14.

The real way to get relief from suffering is to give one's self up heartily to God. FENELON.

In all their afflictions He was afflicted, and the angel of His presence saved them: In His love and in His pity He redeemed them, and carried them all the days of old.

Isa. 63:9.

April 23d.

Be never discouraged. Be always hopeful. Be never afraid.

Whatever troubles come on you, of mind, body, or estate, from within or from without, from chance or from intent, from friends or foes—whatever your trouble be, though ye be lonely, O children of the heavenly Father, be not afraid. H. W. DRESSER and J. H. NEWMAN.

1. There is never a day so dreary,
But God can make it bright;
And unto the soul that trusts Him,
He giveth songs in the night.
2. There is never a path so hidden,
But God will lead the way,
If we seek for the Spirit's guidance
And patiently wait and pray.
3. There is never a cross so heavy,
But the nail-scarred hands are there
Outstretched in tender compassion,
The burden to help us bear.
4. There is never a heart so broken
But the loving Lord can heal;
For the heart that was pierced on Calv'ry
Does still for his loved ones feel.
5. There is never a life so darkened,
So hopeless and unblessed,
But may be filled with the love of God
And enter His promised rest.
6. There is never a sin or sorrow,
There is never a care or loss,
But that we may bring to Jesus
And leave at the foot of the cross.

1-6 ANON.

April 24th.

Whosoever abideth in Him sinneth not. *I John 3:6.*

Let us have grace, whereby we may serve God acceptably with reverence and godly fear. *Heb. 12:28.*

Ye are come unto Mount Sion, and unto the city of the living God, the heavenly Jerusalem, and to an innumerable company of angels, to the general assembly and church of the first born, which are written in heaven, and to God the judge of all, and to the spirits of just men made perfect, and to Jesus the mediator of the new covenant, and to the blood of sprinkling, that speaketh better things than that of Abel. *Heb. 12:22-24.*

Our conversation is in heaven: from whence also we look for the Saviour, the Lord Jesus Christ: who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself.

Phil. 3:20-21.

Little by little detach your heart entirely from this world, laying aside, deliberately and voluntarily, all vanities, worldly seductions, and devote yourself to the vineyard of God in whatsoever capacity you are fitted to serve, letting every action, word and deed become a telling monument, a fitting praise and an everlasting glory for His Holy Name. **ABDUL BAHA.**

Holy contrition, holy humility, holy charity, holy devotion, and holy joy make the soul holy and good.

GILES OF ASSISI.

April 25th.

I fear not death; I fear only not having lived well enough. ZENDAVESTA.

He who has cultivated the intellectual and the spiritual in himself sufficiently to rule his body and his character, almost emancipating himself from the burden of the elemental attributes, has already half emerged into that state where the material is put off entirely, with the evil which belongs to it and it alone. CORA LINN DANIELS.

1. Death is imaginary and absolutely unreal.
2. The conception of annihilation is a factor in human degradation, it is the cause of human debasement, it is the cause of human lowliness, it is the cause of human fear.
3. But it is, in reality, because man's sense of life is material, that he fears death; life, however, is spiritual.
4. Material forms disintegrate, but life never dies.
5. Material, the expression or result of idea, is transitory; it is a slight barrier, which stretches as a veil between man and reality.
6. This reality is spirit; the foundation basis is spirit, the life of man is due to the spirit, the happiness, the animus, the radiance, the glory of man—all are due to the spirit.
7. Spirit is solid and undestructible.
8. Life is eternal. Life and goodness are immortal.
9. Let us then shape our views of existence into loveliness, freshness, and continuity, rather than into age and blight.
10. Let us take hold on eternal life.

1-2 ABDUL BAHA. 4 H. WOOD. 5 CORA LINN DANIELS. 6 ABDUL BAHA. 7 H. WOOD. 8-9 MARY BAKER G. EDDY. 10 *Tim*.

April 26th.

Unto the King eternal, immortal, invisible, the only wise God, be honor and glory for ever and ever.

I Tim. 1:17.

Hold thy peace at the presence of the Lord God.

Zeph. 1:7.

Woe unto him that striveth with his Maker. *Isa. 45:9.*

God's presence encompasses all our life. He is with us in all that we do, in all that we are, even with us when we suffer, and when we are tempted. He is with us in every difficulty. H. W. DRESSER.

Let God guide you. Peace be unto those who follow guidance.

Verily, God's guidance is the guidance, and we are bidden to resign ourselves unto the Lord of the worlds, and to be steadfast in prayer. Therefore have we trusted in Him, and have resigned our affairs unto Him; He is enough for us, and enough for all things.

BAHA'O'LLAH and *Koran.*

1. Confine your thoughts and ideas in turning to God and submitting unto Him.
2. Serve God all you can, for this service is eternal and lasting.
3. Follow Him blindfold in a pure faith in all.
4. Act carefully before Him; hold to Him alone and look upon Him as the cause of all things.
5. And always in all matters notice what God says in you; pay attention to the witness of your heart, and never think or act against your conscience.

April 27th.

Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal. But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through and steal.

For where your treasure is, there will your heart be also.

Turn to this end, your faces thoroughly unto God; so that He may make you to show forth the greatest treasure and make you to be sources of those signs which may prove your proper relationship unto God and the joy of your hearts through the fragrances of the Holy Spirit, in every moment and instant. *Matt.* and ABDUL BAHÁ.

Distribute My possessions among My poor, that in heaven thou mayest receive from the boundless treasures of glory and from the stores of eternal bliss.

But the sacrifice of the spirit is more glorious, could you see with Mine eyes. *BAHÁ'O'LLAH.*

He who refers all things to the glory of God, enjoys God in all things, and he sees in them the image of God. For he takes all from the hand of God, thanks Him and praises Him in everything, and God shines ever brightly before him, for he watches God with close attention, and never willingly turns away to worthless things. For all is bare and empty in which there is not either the glory of God or the good of our neighbor or our own salvation.

J. RUYSBROECK.

April 28th.

Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

II Cor. 7:1.

It is high time to awake out of sleep; the night is far spent, the day is at hand:

Cast off, therefore, the works of darkness, and put on the armour of light. Walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying; but put on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof.

For they that are Christ's have crucified the flesh with the affections and lusts. *Rom. and Gal.*

1. Walk not as other gentiles walk, in the vanity of their mind, having the understanding darkened, being alienated from the life of God through the ignorance that is in them because of the blindness of their heart:
2. Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.
3. Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the Kingdom of God.
4. And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

1-2 *Eph.* 3-4 *Cor.*

April 29th.

Have mercy upon me, O God, according to Thy loving-kindness: according unto the multitude of Thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. *Ps. 51:1-3.*

If Thou, Lord, shouldst mark iniquities, O Lord, who shall stand? But there is forgiveness with Thee, that Thou mayest be feared. *Ps. 130:3-4.*

To Thy forgiveness and pardon Thou hast accustomed every one in existence. The sins are a bubbling foam and a full ocean is Thy mercy. *ABDUL BAHA.*

Be not in despair of the mercy of God; verily, God forgives sins, all of them; verily, He is forgiving, merciful. *Koran.*

Be confident in the mercy of thy Lord, and ask whatever thou desirest. Verily, God is the Generous, the Giver. *ABDUL BAHA.*

Thy faith hath saved thee; go in peace. *Luke 7:50.*

1. The reason you cannot think that you are forgiven is because you have no peace.
2. But peace is not the result of being forgiven; it is the result of believing that one is forgiven.
3. You are expecting to believe that you are forgiven because you are at peace, but you can have peace only when you believe that you are forgiven.
4. You are to believe that you are forgiven, not because you experience any change of feeling, but because God declares that He forgives you.

April 30th.

1. Repine not that thou art surrounded by irritable and selfish people; but rather rejoice that thou art so favored as to have thine own imperfections revealed to thee, and that thou art so placed as to necessitate within thee a constant struggle for self-mastery and the attainment of perfection.
2. The more there is of harshness and selfishness around thee the greater is the need of thy meekness and love.
3. Strive after meekness.
4. Increase thy patience and forbearance day by day.
5. Bid thy tongue cease from all harsh words.
6. Withdraw thy mind from selfish arguments, and refuse to brood upon thy wrongs.
7. If thou wilt be borne thyself, bear also with others.
8. And love them.
9. If thou doest so all will be well. For love is heaven.
10. But where envying and strife is, there is confusion and every evil work.
11. Better is a dinner of herbs where love is, than a stalled ox and hatred therewith.
12. Remember that our life is short; that it yields but a few days for love.
13. And that "love and service are all there is of life".
14. For we are created especially for the sake of one another.
15. And what do we live for if it is not to make life less difficult and more pleasant for each other?

1-6 JAMES ALLEN. 7 THOMAS À KEMPIS. 10 *Jas.* 11 *Prov.* 12 R. TAGORE. 13 C. B. PATTERSON. 14 *Rom.* 15 G. ELIOT.

May 1st.

Life is richer, love stronger, truth more beautiful, nature fairer, music sweeter, art diviner, than we have ever dreamed. God is infinitely better than we can imagine.

There is no failure, and pessimism is only the shadow of a disordered dream.

An eternal unfolding is going on which shows infinite wisdom, order, foresight and beneficence.

We are on the way towards the Father's house. And present discord will glide into the harmony of the future.

H. WOOD.

1. All shall be well, and all shall be well, and all manner of things shall be well; well in all, and well for all.
2. For the universe is so constituted that all shall turn to righteousness at last.
3. The greatest sinner can grow to become the greatest saint; and every individual member of the human race can attain to the loftiest degrees.
4. "Nothing is too good" or too great for any man, "no matter how great the thing may be, no matter how undeserving [he] may seem to be".
5. For "all along the way, from the lowest valley to the highest mountain peak", are to "be found life's wayfarers; but the one who stands on the mountain peak started life in the deepest valley; and the one who is in the deepest valley shall yet ascend the mountain heights, for life is ever onward and upward".

1 ST. JULIAN OF NORWICH. 2 H. W. DRESSER. 3 J. C. STREET and ABDUL BAHÁ. 4 W. W. ATKINSON. 5 C. B. PATTERSON.

May 2nd.

May God grant you, according to the riches of His glory, to be strengthened with might by His Spirit in the inner man; that Christ may dwell in your hearts by faith; that you, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length, and depth, and height; and to know the love of Christ which passeth knowledge, that you might be filled with all the fulness of God.

But unto Him who is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, unto Him be glory in the church by Christ Jesus throughout all ages, world without end. Amen. *Eph. 3:16-21.*

1. You should have your principles and ideals ready for use on every occasion.
2. Taking advantage of all the light God has given you;
3. Belief does nothing;
4. Unless you get the spirit of it and use it, your progression in spiritual awakening will not be apparent.
5. What a man knows should find expression in what he does.
6. In reality, man has but so much knowledge as he works good and no more. One only knows what he practices.
7. In order to apprehend more, we must put into practice what we already know.

1 EPICTETUS. 2 FENELON. 3-4 K. H. NEWCOMB. 5 O. N. BOREE.
6 GILES OF ASSISI and SAVONAROLA. 7 MARY BAKER G. EDDY.

May 3d.

1. Leave me, O Lord, not to myself, for I always desire to do what is wrong. Hold Thou my right arm, O God! and dwell continually with me.
2. Guide me to the fountain of Thy knowledge, and encircle me with Thy glory.
3. Thou art the strength of my heart, and the trust of my soul, and I desire no one beside Thee.
4. O my God! Thy mercy is my need and my aid in the world, and in the day of judgment.
5. Thy nearness is my hope, and to commune with Thee is my joy: Thy love is my comfort: Thy presence is my peace: Thy Word is my healing: Thy mercy is my light: and to serve before Thee is my utmost desire.
6. O my God! Reveal Thyself to me and help me to look evermore to Thy beauty. Make Thy beauty be my food, and let Thy Presence be my drink;
7. Let my trust be in Thy will, and my deeds according to Thy command; let my service be acceptable to Thee, and my action a praise to Thee.
8. Take from my heart all fear;
 Make me to know both day and night time
 Thou art near.
 Make me to see Thy love eternal,
 Encircling me always;
 Make me to feel Thy wondrous Presence
 All my days.
 Give me the faith of little children,
 Trusting only Thee;
 Knowing naught can change
 Thy goodness unto me. Amen.

May 4th.

Believe on the Lord Jesus Christ, and Thou shalt be saved and Thy house. *Acts 16:31.*

I know whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him against that day. *II Tim. 1:12.*

1. Do you doubt that Christ is as active now as he was two thousand years ago? Can he be blind and deaf to the cries of humanity?
2. He holdeth the sickle in his hand, and reapeth the ripe grain of his ancient sowing.
3. His ministering angel still bears his messages of peace to earth.
4. Is not his name as potent, his will as strong, his compassion as tender, his consideration as deep, his comprehension as broad, and his love as perfect as when he condescended to tread your planet centuries ago?
5. What do you suppose the dear Christ is doing all this time? Do you think his invisible influence is not as persuasive as was his visible?
6. Is the time gone by when he has power to raise from the dead, to heal the sick, to rescue the perishing, to atone for the wicked?
7. How know you, feeble and weak-sighted mortal that you are, what are the plans and intentions of One for every living soul today?
8. Be not narrow! He who came to save the world will save it, rest assured.
9. And cannot you trust him who gave himself to order things aright?

1-9 CORA LINN DANIELS.

May 5th.

If ye forgive men their trespasses, your heavenly Father will also forgive you. *Matt. 6:14.*

God pardons bygones. *Koran.*

Fear not to confront realities. The Saviour lives; and the first joy that you will give to him is when, leaving off your false excuses, you throw yourself with a full heart and empty hands into his arms of mercy. J. HAMILTON.

I have mercy upon them: and they shall be as though I had not cast them off: for I am the Lord their God and will hear them. *Zech. 10:6.*

Hear me, O Lord; for Thy lovingkindness is good: turn unto me according to the multitude of Thy tender mercies. *Ps. 69:16.*

1. Wicked heart as you may have, God commands you to pray.
2. Even when you have lived far from Him, you need not fear to approach Him with familiar love.
3. Remove, therefore, from yourself a doubtful mind and doubt not at all whether to ask of God, saying within yourself, "How can I ask a thing of the Lord and receive it, seeing that I have committed so many sins against Him?"
4. Reason not thus, but turn to the Lord with your whole heart, and ask of Him nothing wavering, and you shall know His exceeding compassion, that He will surely not abandon you, but will fulfil the petition of your soul.
5. For God is not as men who bear a grudge, but Himself is without malice and has compassion on His creatures.

May 6th.

If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free. *John 8:21.*

Receive with meekness the engrafted Word, which is able to save your souls. But be ye doers of the Word, and not hearers only, deceiving your own selves.

Jas. 1:21, 22.

That on the good ground are they, which in an honest and good heart, having heard the Word, keep it, and bring forth fruit with patience. *Luke 8:15.*

So is the Kingdom of God, as if a man should cast seed into the ground; and should sleep and rise night and day, and the seed should spring and grow up, he knoweth not how; for the earth bringeth forth fruit of herself; first the blade, then the ear, after that the full corn in the ear.

Mark 4:26-28.

The Spirit is just as tender as a loving mother and takes us in its everlasting, infinite arms, soothing and healing us through right words. H. STOWE.

Take heed how ye hear: for whosoever hath, to him shall be given; and whosoever hath not, from him shall be taken even that which he seemeth to have. *Luke 8:1.*

May your heart be empty and pure through the light of the Word of God shining therein. ABDUL BAHA.

Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. *I Tim. 4:15.*

May 7th.

He which hath begun a good work in you will perform it until the day of Jesus Christ. *Phil. 1:6.*

O taste and see that the Lord is good: Blessed is the man that trusteth in Him. *Ps. 34:8.*

The heavens of His mercy and the oceans of His bounty are so vast that He has never disappointed those who begged of Him, nor refused those who willed to come to Him.

He has mercy on all men, because He has power to do all things, and He overlooks the sins of men to the end that they may repent, for He loves all things that are.

BAHA'O'LLAH and *Wisdom of Solomon.*

1. Food and drink, clothing and shelter, flowers and colors, beauty, order, variety, harmony and unity, all things for the material welfare, growth and delight of man.
2. If the generous Father so provides for material and mental needs, how much more must He care for his spiritual welfare and provide for his spiritual development.
3. He, indeed, is ever near, and His Spirit is "pressing upon the human spirit, endeavoring to penetrate and fill it, to free it from error and evil, to purify and deepen and ennoble it".
4. Be hopeful, therefore, my soul, be hopeful and of good courage.
5. For however intolerable thou art to thyself, yet thou wilt be protected, enriched and helped by thy heavenly Father, as if He had nothing else to do than to lead thee to perfection by the highest steps of love.

May 8th.

Where sin abounded, grace did much more abound.

Rom. 5:20.

In returning and rest shall ye be saved; in quietness and confidence shall be your strength. *Isa. 30:15.*

I, even I, am He that blotteth out thy transgressions for Mine own sake, and will not remember thy sins.

Isa. 43:25.

1. Study yesterday in order to learn wisdom for to-morrow, but when the lesson has been learned study it no longer.
2. We ought to learn wisdom from our mistakes; we ought to acquire virtues from our sins.
3. Spend no time in repining; but spend all the time that is necessary in order to learn its lesson.
4. No man ought to carry the past as a prisoner carries the ball chained to his ankle.
5. No man ought to allow the memory of the past to prevent his peace and joy in present fellowship with God.
6. God declares that He buries our sins in the depths of the sea; it is not right or wise for us to fish them up again and take a new inventory of them.
7. He blots them out of the book of His remembrance;
8. It is neither right nor wise for us to engrave them with pens of steel in the book of our remembrance.
9. To do this is to disbelieve His word, distrust His forgiveness, refuse His comradeship.
10. It is injurious to us, insulting to Him.
11. Let not even your sins exclude you from the comradeship of God, who delights to pardon iniquity.

1-11 L. ABBOTT.

May 9th.

He that is of a merry heart hath a continual feast.

Prov. 15:15.

1. Serve God day and night, and seek happiness from His name. Surrender to Him, trust Him, believe Him.
2. Those who have given themselves unreservedly to God are always happy.
3. And no one who really believes can ever feel sad.
4. The measure of your grief is the measure of your unbelief.
5. With the sincere belief, therefore, in the unity of God, and trust in Him, it behooves you to be satisfied with Him, and not to be sad or angry on account of anything that vexes you.
6. Beware of sadness and anger. Let your heart be with Him always, let it not be withdrawn from Him for a single moment.
7. Seek, as a plain duty, to cultivate a buoyant, joyous sense of the crowded kindnesses of God in your daily life.
8. And be happy.
9. In the simplest way be happy; and you are learning the secret of life.
10. Be happy, and you will be good.
11. And through happiness you will be successful.

1 ABDUL BAHA. 2 FENELON. 3-4 W. T. STEAD. *5-6 SHAQUIQ. 7 A. MACLAREN. 9 *Magazine of Mysteries*. 10 ANON. 11 C. B. NEWCOMB.

May 10th.

If you would draw nigh to God, you must draw nigh to love. ANON.

Love is the joy that is at the root of all creation. It is the white light of pure consciousness that emanates from God. So, to be one with this all-feeling Being who is in the external sky, as well as in our inner soul, we must attain to that summit of consciousness which is love.

R. TAGORE.

Sin is only the absence of love. W. T. STEAD.

God loveth a cheerful giver. *II Cor. 9:7.*

Every man shall give as he is able, according to the blessing of the Lord thy God which He hath given thee.

Deut. 16:17.

Say not, I will do so to him as he hath done to me.

Prov. 24:29.

The heart of the righteous studieth to answer.

Prov. 15:28.

Have salt in yourselves, and have peace one with another. *Mark 9:50.*

1. Night and day endeavor to attain perfect harmony,
2. Be thoughtful concerning your own spiritual development, and close your eyes to the shortcomings of one another.
3. By good deeds, pure lives, humility and meekness be a lesson to others.
4. There is no greater satisfaction than being a source of joy to the hearts.
5. I ask God that you may become like angels of heaven, sources of happiness to souls.

1-5 ABDUL BAHA.

May 11th.

According to Thy name, O God, so is Thy praise unto the ends of the earth. *Ps. 48:10.*

Gratitude and joy are antidotes for every ill.

H. C. JENKINS.

Only he has attained the final truth who knows that the whole world is a creation of joy. R. TAGORE.

From inordinate love and vain fear ariseth all disquietness of heart and distraction of the mind.

THOMAS À KEMPIS.

We find no reason for unhappiness when we dismiss our apprehensions. C. B. NEWCOMB.

Little by little the time goes by—

Short if you sing through it, long if you sigh.

L. HERBERT.

Provided always I execute what is well pleasing in Thy divine sight, wherever I am, whatever I do, I am quite great enough, quite rich enough, quite happy enough, quite wise enough. P. BAYMA.

In order to be happy, we have to submit our individual will to the sovereignty of the universal will. In us we have the world-man who is immortal, who is not afraid of death or sufferings, and who looks upon pain as only the other side of joy. R. TAGORE.

If the happy worker is striving to do more, to know more, to grow more, to live more and to be more, God will ask nothing more of him. God will keep him happy. Happiness is of the spirit. Find God, talk with God, know God, affirm God, live [with] God, and we will be happy, no matter what the circumstances that surround us. J. H. APPEL.

May 12th.

The river of God is full of water. *Ps. 65:9.*

The mysteries of the Kingdom are the knowledge of God, love of God and the guidance of God. These are greater than all worldly possessions. **JESUS.**

He that planted the ear, shall He not hear? He that formed the eye, shall He not see? He that chastiseth the heathen, shall not He correct? Verily, blessed is the man whom the Lord chasteneth, and teacheth him out of His law, that He may give him rest from the days of adversity.
Ps. 94:9, 10.

1. The very least and the very greatest sorrows that God ever suffers to befall us, proceed from the depths of His unspeakable love.
2. And such great love were better for us than the highest and best gifts He has ever given us.
3. So that if our little finger only aches, if we are cold, if we are hungry or thirsty, if others vex us by their words or deeds, or whatever happens to us that causes us distress or pain, it will all help to fit us for a noble and blessed state.
4. Instead of rebelling at circumstances, blaming, criticising and worrying, we should act on the principle that everything that God sends is for our good;
5. That is, it will result in good if we approach it in the right spirit.
6. And we ought to recognize that He, the Master of events, has been capable of planning for us all along, so that we may trustfully leave all our affairs in His hands.

1-3 J. TAULER. 4-6 H. W. DRESSER and AUTHOR.

May 13th.

Blessed is that man that maketh the Lord his trust.

Ps. 40:4.

Cursed is the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the Lord.

Jer. 17:5.

Put thy trust in Him, and He will help thee: Order thy ways aright, and set thy hope on Him. *Ecclesiasticus.*

Cast your cares upon the Lord and He will set them straight. *ST. HERMAS.*

Possess yourself as much as you possibly can in peace; not by any effort, but by letting all things fall to the ground which trouble or excite you. *MME. GUYON.*

Have not I commanded thee, Be strong and of good courage, be not afraid, neither be thou dismayed? For the Lord thy God is with thee whithersoever thou goest.

Josh. 1:9.

His love is everywhere and always around you. *ANON.*

Believe in your heart that God is love, is all in all; believe that love is the reality, like light suffusing your being, and hate and fear no more than darkness, the power of evil but the sinister thought of the world. Believe and live. *S. D. KIRKHAM.*

Lay down your earthly cares, look up to that pure light, the source of perfection and peace, and its beams shall kindle in your hearts the love of God, in whose presence and blessing you shall forever rest. *ANON.*

May 14th.

How precious are Thy thoughts unto me, O God! How great is the sum of them! *Ps. 139:17.*

Make yourself nests of pleasant thoughts. J. RUSKIN.

1. Stand porter at the door of thought.
2. Post, as it were, a guard at the door of the mind, and examine every thought which applies for admittance, whether it be in accord with the good government of the mind, or antagonistic to it, in which case eject it summarily.
3. You must control evil thoughts in the first instance, or they will control you in the second.
4. The wrong thought should be arrested before it has a chance to manifest itself.
5. It should be nipped in the bud;
6. And morbid and discouraging thoughts should not be permitted to remain in consciousness.
7. For whatever wins conscious attention is likely to attract its like, to draw similar thoughts, and add to itself by accretion until it has become a mountain of difficulty.
8. Guard, therefore, your thoughts! Admit none that is wrong; but bring into captivity every thought to the obedience of Christ.
9. Think of good, not of evil; of health, not of disease; of life, not of death; of freedom, not of bondage.
10. Keep the mind filled with loving, helpful, hopeful, encouraging, cheerful and fearless suggestions.

1 MARY BAKER G. EDDY. 2 S. D. KIRKHAM. 3-4 MARY BAKER G. EDDY. 5-7 H. W. DRESSER. 8 BUDDHA and *Cor.* 9 H. W. Dresser. 10 O. S. MARDEN.

May 15th.

The Lord God of recompenses shall surely requite.

Jer. 51:56.

All the churches shall know that I am He that searcheth the reins and hearts: and I will give unto every one of you according to his works. *Rev. 2:23.*

When lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. *Jas. 1:15.*

There is nothing covered, that shall not be revealed; and hid, that shall not be known. *Matt. 10:26.*

There can be no cheating. The thief steals from himself. The swindler swindles himself. R. W. EMERSON.

God is witness over all. *Koran.*

The righteous perisheth, and no man layeth it to heart: and merciful men are taken away, none considering that the righteous is taken away from the evil to come. He shall enter into peace: they shall rest in their beds—each one walking in his uprightness. *Isa. 56:1, 2.*

For everything God has ordered a heaven and a hell; its heaven is its place of high degree—of fulness, maturity, and perfection; its hell is its place of low degree—of meagreness, immaturity and imperfection. ABDUL BAHA.

Know therefore and see that it is an evil thing and bitter, that thou hast forsaken the Lord thy God, and that My fear is not in thee, saith the Lord God of hosts.

Jer. 2:19.

May 16th.

The will of the Lord be done. *Acts 21:14.*

Yield yourself unto God. Submit yourself unto Him, and humble your sense to faith, and the light of knowledge shall be given you. God deceives you not; he is deceived that trusts too much to himself.

Rom. and THOMAS À KEMPIS.

My will belongs to him in whom I exist. *EPICTETUS.*

If any matter, proposal or desire meet with the assent of our inward nature in devout receptivity to the divine wisdom, it is right; if the inmost mind dissents, the prompting or plan should not be followed.

H. W. DRESSER.

At each hour of the spiritual day there is an activity, a deed of love, a service for truth, more important than aught else. *H. W. DRESSER.*

There is a guidance which will lead us as directly as the bee-line instinct of an animal, if we become open to and implicitly follow it. *H. W. DRESSER.*

1. There is guidance for each of us;
2. And in the following the Divine guidance, in doing the Divine will, we will find a thousand times more satisfaction than in all the pleasures which the world can impart to us.
3. Blessed is that soul which by sincere self-renunciation abides always in the Creator's hands, ready to do whatever He wills, not weary of saying hundred times daily, "Lord, what wilt Thou have me do?"

1 R. W. EMERSON. 2 MME. GUYON. 3 FENELON.

May 17th.

God giveth to all life and spirit and all. *Acts 17:25.*

The eternal flows out to, envelops and permeates all things which are impermanent. God, or Truth, which is the reality of God, gives life to mankind. ABDUL BAHA.

Have we not all one Father? Hath not one God created us? *Mal. 2:10.*

1. Whatever you are, you are from God.
2. And only because you are from God, you are what you are.
3. But "bless God that you are what you are—a living part of the intelligence in which you move.
4. Whatever trials you may suffer, perhaps they may be the polishing brushes of circumstance rubbing you into a finer brilliance".
5. For you are one of His jewels, a diamond of God.
6. "A diamond is a diamond on earth, and you cherish it according to its size".
7. But in heaven "each diamond is a gem struck off from the crown of joy, and its value lies not in its size, but in its identity.
8. The fact that it is a diamond at all is enough".
9. And "if all your life you [should] remain a dull and unreflecting facet in the diamond crystal of being, at least remember that in being a facet at all you have attained forever your conscious identity;
10. And God will see to it that in the perfection of progress you shall shine like the rest".

1-2 DE SARASA. 3-10 CORA LINN DANIELS.

May 18th.

I shall be satisfied, when I awake, with Thy likeness.
Ps. 17:15.

Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness. *II Pet. 3:11.*

We are to be entirely spiritual, purely brilliant, cutting our dependence from any other mention, thought or purpose, and confining our thoughts, mentions and occupations to spreading the fragrances of God. *ABDUL BAHA.*

With each returning year, higher joys, holier aims, a purer peace and diviner energy, should freshen the fragrance of being. *MARY BAKER G. EDDY.*

1. Watch, and pray for that Mind to be in us which was also in Christ Jesus;
2. To do unto others as we would have them do unto us; and to be merciful, just, and pure.
3. Learn what in thine own mentality is unlike the "anointed," and cast it out.
4. Allow nothing but His likeness to abide in your thought.
5. Let neither fear nor doubt overshadow your clear sense and calm trust.
6. Let mortals bow before the creator, and, looking through Love's transparency, behold man in God's own image and likeness, arranging in the beauty of holiness each budding thought.

1-6 *MARY BAKER G. EDDY.*

May 19th.

Held by the cords of love, the swing of the ocean of joy sways to and fro; and a mighty sound breaks forth in song. *Songs of Kabir.*

In what manner do we accept this world, which is a perfect gift of joy? R. TAGORE.

1. Let them that love God be as the sun when he goeth forth in his might;
2. Let them lift up their hearts with delight that they may be fitted to meet Him, and to mirror forth His beauty.
3. Let them learn to radiate joy, not stingily, not meanly, but generously; to fling out gladness without reserve; to shed it in the home, on the street, on the car, in the store, everywhere.
4. A child of God should be a visible beatitude, for joy and happiness, and a living doxology, for gratitude and adoration.
5. Delighted with everything;
6. Moving about to the rhythm of a silent song.
7. For "all life is gladness when the heart is right, when it is attuned to the sweet cords of holy love".
8. A constant and buoyant gladness is the right expression of true life.
9. It is impious in a good man to be sad.
10. And to be truly devout, we must not only do God's will, but we must do it with cheerfulness.

1 *Judg.* 2 BAHÁ'O'LLAH. 3 O. S. MARDEN. 4 C. H. SPURGEON. 7 JAMES ALLEN. 8 C. B. NEWCOMB. — 9 W. SHAKESPEARE. 10 ST. FRANCIS DE SALES.

May 20th.

Be ye, therefore, followers of God, as dear children; and walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweet smelling savour. *Eph. 5:1-2.*

Love was never yet written in words or told in story. Only the shadow of his bright presence ever illumined the earth-bound air. CORA LINN DANIELS.

To love and serve all men is to delight in God.

CONFUCIUS.

What light is to nature, love is to the heart of man.

M. COLLINS.

Your well-being depends upon love as that of a plant depends upon light. Do not ask what you should do, but give yourself up to that love which is within your reach.

TOLSTOY.

Evil is the want of thought. Think—a loving thought is prayer. Love dies when you never think of the person loved. W. T. STEAD.

Man must ever strive to make the hearts grateful, to rejoice the spirits, to render the thoughts radiant, to be the cause of the comfort and ease of others.

ABDUL BAHA.

Let me be a little kinder,
Let me be a little blinder
To the faults of those about me;
Let me praise a little more;
Let me be, when I am weary,
Just a little bit more cheery.

R. STODDARD.

May 21st.

I shall put My Spirit in you, and ye shall live.

Ezek. 37:14.

If any man have not the Spirit of Christ, he is none of his. *Rom. 8:9.*

That good thing which was committed unto thee keep by the Holy Ghost which dwelleth in us. *II Tim. 1:14.*

Children, abide in Him. *I John 2:28.*

Spend your time in ways that make for higher things and your steps will inevitably be led to where your ambition points. CORA LINN DANIELS.

Purify your soul from all undue hope and fear, deny self—affections as well as appetites—and the inner eye will begin to exercise its clear and solemn vision.

Plotinus.

We must live in the world of Spirit, we must see the Divine Reality in everything, behold the illumination of the world of the Kingdom beyond and within the gloomy mask of this mortal existence. For the world of the Kingdom is a world of lights, a world of happiness, a world of accomplishment, the real and eternal world.

Abdul Baha.

The spiritual sense of Life and its grand pursuits is of itself a bliss, health-giving and joy-inspiring.

This sense of Life illumines our pathway with the radiance of divine Love. Earth has little light or joy for mortals before Life is spiritually learned.

In some way, sooner or later, all must rise superior to materiality, and suffering is oft the divine agent in this elevation. MARY BAKER G. EDDY.

May 22nd.

My son, give Me thine heart. *Prov. 23:26.*

My country, Lord, art Thou alone;
No other can I claim or own;
The point where all my wishes meet,
My Law, my love, life's only sweet. MME. GUYON.

1. Remove, O Lord, the covering of my sight so that I may see Thy Beauty and Thy essential Perfection. Thy astonishing profusion and Thy appearance to the hearts and spirits.
2. Point unto me the right way, that is—bless me with love, Thine essence; so that, becoming free from all else save Thee, I may be wholly captivated by Thee. so as to know none but Thee, to see naught save Thee, to think of naught beside Thee.
3. For truly unspeakable is the sweetness of contemplating Thee, which Thou bestowest on them that love Thee.
4. When shall I fully gather up myself into Thee, that by reason of my love to Thee I may not feel myself, but Thee alone, above all sense and measure?
5. For 'I want Thee, only Thee!' Let my heart repeat it forever. All desires that distract me, day and night, are false and empty to the core.
6. As the night keeps hidden in its gloom the petition for light, even thus in the depth of my unconsciousness rings the cry 'I want Thee, only Thee.'
7. As the storm still seeks its end in peace when it strikes against peace with all its might, even thus my rebellion strikes against Thy love and still its cry is—'I want Thee, only Thee.'

1-2 KHAJI ABD'ALLAH. 3-4 THOMAS À KEMPIS. 5-7 R. TAGORE.

May 23d.

Why are ye fearful, O ye of little faith? *Matt. 8:26.*

Wait for the Lord, behave thyself manfully, and be of good courage; do not distrust, do not leave thy place, but steadily expose both body and soul for the glory of God.

THOMAS À KEMPIS.

Blessed is the man whose strength is in Thee; in whose heart are the ways of them, who passing through the valley of Baka make it a well. *Ps. 84:5-6.*

1. Open out like a flower and absorb from His love.
2. Rest in Him, in whose care thou art in all the conditions of life.
3. Remember, thou canst be brought into no condition, be it ever so severe, where Love has not been before thee, and where its tender lesson is not awaiting thee.
4. Therefore despair not nor murmur, for that which seeketh to save, to heal, and to deliver, will guide thee, if thou seekest this guidance.
5. Nothing can prevent thee from enjoying His love, His help, His peace and inspiring guidance, except thy own failure to recognize His presence;
6. For He is here offering thee His fulness of love, wisdom and power.
7. Yield, therefore, to this love and grace of thy heavenly Father.
8. Be not afraid to plunge wholly into the ocean of His love—too happy if thou couldst do it so entirely as never to come forth again.

1 H. W. DRESSER. 3-4 MARY BAKER G. EDDY. 5 H. W. DRESSER.
7-8 FENELON.

May 24th.

Be of good cheer: thy sins are forgiven thee.

Matt. 9:2.

Thou didst make Thy sons to be of good hope, because
Thou givest repentance when men have sinned.

Wisdom of Solomon.

1. No one has learned the art of true living until he has trained his mind to forget every experience from which he can no longer derive any advantage—that will hinder his progress and will make him unhappy.
2. No matter how great a mistake you have made, it should be forgotten, buried forever. Don't keep digging it up. You have learned the lesson there is in it for you.
3. The only good use you can make of an unfortunate mistake is to make it a starting-point for something better.
4. You certainly should do your utmost to recover your peace of mind when you have lost it, and just so you must learn that there is nothing which ought to take it away or ever disturb it.
5. Be assured that all disquiet is displeasing in God's sight; for be it what it may it is never free from imperfection, and always springs from some evil root of self-love.
6. For the disquiet you feel on account of your sin comes not from having offended God, but from having injured yourself.

1-3 O. S. MARDEN. 4-6 L. SCUPOLI.

May 25th.

Try to realize God's presence. Say secretly, "The Lord is in His Holy Temple (His temple of the inner man); keep silence, O my heart, before Him."

E. M. GOULBURN.

1. There is almost a Divine force in silence.
2. Drop the thing that worries, that excites, that interests, that thwarts you;
3. Let it fall like a sediment to the bottom, until the soul is no longer turbid, that you may serve God with a quiet mind.
4. The Spirit cannot make communication to a soul in a turbulent state, stormy with passion, rocked by anxiety, or fevered with indignation.
5. Composing yourself from time to time, setting the mind's needle true, you will little by little approximate toward the devout frame which binds the soul to its true center.
6. Endeavor to make your heart such a little sanctuary in which you may continually realize the presence of God, and from which unhallowed thoughts, and even vain thoughts, are carefully excluded.
7. For whenever you are thinking unhallowed and wrong thoughts you turn away from God.
8. We cannot be conscious of the presence of God if thought is filled with the sense of worry, fear, anxiety, discouragement, condemnation of self or of others, resentment, injury, disappointment, jealousy, selfishness, ingratitude, criticism, self-pity and so forth.
9. If we would dwell in the sunshine of God's presence, we must make persistent effort to think the thoughts of God. This is our faithfulness.

May 26th.

Some of them of understanding shall fall, to try them and to purge, and to make them white, even to the time of the end. *Dan. 11:35.*

1. Nothing is "actually evil which leads to and actually promotes good, by the resistance it excites and the triumphs of virtue which grow out of it".
2. Untempted innocence is characterless.
3. If evil leads to evil and degenerates the character and finally dominates and subdues the whole nature, that evil is unmitigated.
4. Much classed as evil is disciplinary and remedial, and therefore beneficent, as tending in the end to greater virtue than if it had never been experienced.
5. The realization of the misery of evil, its whips and stings of conscience, its shame of heart, is often necessary to bring a mind to a sense of its own unworthiness.
6. For "you were not put on earth to slumber in undisturbed innocence".
7. You were put there to work out your own salvation with fear and trembling, going through all kinds of evils, and if falling, rising again and going on.
8. In that sense evil is not truly evil to him who conquers, but a strong stepping-stone.
9. The good in human nature is developed by just those experiences which are generally termed evils.
10. Yea, every stumbling-block may, by God's grace, be turned into a stepping-stone;
11. And were there no "experiences, no temptations, no struggles, there could be no progress, no growth".

1-9 CORA LINN DANIELS. 10 ST. JULIAN OF NORWICH. 11 CORA LINN DANIELS.

May 27th.

All of you are children of the Most High. *Ps. 82:6.*

Thou sparest all things, because they are Thine, O sovereign Lord, Thou Lover of men's lives: for Thine incorruptible Spirit is in all things. *Wisdom of Solomon.*

If the spiritual and divine eye of man is opened, he will see that nothing exists without the appearance of the splendor of the Ideal King. *BAHA'O'LLAH.*

It is evident that the Divine nearness is an unlimited nearness, be it in this world or the next. This is the nearness which is above the comprehension of the minds.

The more a man seeketh light from the Sun of Truth, the nearer he will draw. This nearness dependeth upon clearness, purity and perfection. *ABDUL BAHA.*

Know ye not that your body is the temple of the Holy Ghost which is in you, which you have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. *I Cor. 6:19-20.*

The object of life is to evoke, to develop the God within.
W. T. STEAD.

O Lord of the Kingdom! Although we are assembled, yet we are Thy scattered ones; captives of Thy shining face.

Although we are incapable, yet we anticipate the manifestation of Thy strength and ability. Although we are without capital and commodity, yet we are aided by the treasury of the Kingdom. Although we are a drop, yet we emanate from Thy sea of seas. Although we are an atom, yet we are illumined by Thy most bright sun.

ABDUL BAHA.

May 28th.

The God of peace, that brought from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant, make you perfect in every good work to do His will, working in you that which is well pleasing in His sight, through Jesus Christ; to whom be glory for ever and ever. Amen. *Heb. 13:20-21.*

Present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God. *Rom. 12:1-2.*

This I pray, that your love may abound yet more and more in knowledge and in all judgment; that ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ; being filled with the fruits of righteousness. *Phil. 1:9-11.*

1. Be thou strong, therefore, and shew thyself a man;
2. And keep the charge of the Lord thy God, to walk in His ways, to keep His statutes, and His commandments, and His judgments, and His testimonies.
3. Serve Him with a perfect heart, and with a willing mind: for the Lord searcheth all hearts, and understandeth all the imaginations of the thoughts:
4. If thou seek Him, He will be found of thee; but if thou forsake Him, He will cast thee off.

1-2 *Kings.* 3-4 *Chron.*

May 29th.

Make hope a fine art, trust a habit, and love a boon companion. H. W. DRESSER.

Happiness is the king of our hearts. Let us not part from it. If the candle of happiness is ignited in the chamber of our heart, all the foreboding gloom of evil suggestions will be dispelled. My home is the home of peace. My home is the home of joy and delight. My home is the home of laughter and exultation.

ABDUL BAHA.

1. Hope continually, and praise the Lord more and more.
2. Be not cast down.
3. If you saw Him who is standing on the shore, holding out His arms to welcome you to land, you would wade not only through a sea, but through hell itself to be with Him.
4. If you have doubted and delayed, feared and worried in the past, do so no longer.
5. The Saviour came that you might have life, and that you might have it more abundantly.
6. Your heart, therefore, shall rejoice in him;
7. And your mind shall be “stilled in the contemplation of the Presence and Power that is always here and bows to receive the blessing of the merciful, peaceful Spirit of Truth”.
8. “Renouncing all faithless fears and vain regrets”, you shall “live in the glad freedom” of His children, “and do the work of the day in cheerfulness and hope”.

1 Ps. 2-3 S. RUTHERFORD. 4 *Magazine of Mysteries*. 5 ST. JOHN.
6 Ps. 7 W. DE VOE. 8 S. McCOMB.

May 30th.

My soul is more luminous, though my bodily powers begin to fail.

Winter is on my head, but eternal spring is in my heart.

The nearer I approach the end the plainer do I hear around me the immortal symphonies of the worlds which invite me.

For the grave is not a blind alley; it is a thoroughfare. It closes on the twilight, it opens on the dawn.

V. HUGO.

For me to live is Christ, and to die is gain.

Phil. 1:21.

1. It behooves you to never think of non-existence, of death—which is absolutely an imaginary thing;
2. You must never think of that which degrades you, nor think of the degradation of the human soul.
3. You must see yourself ever living, so that hour by hour you may advance until the human reality may become more apparent.
4. And you must thank God that He has rendered you all alive and existent.
5. Consider yourselves as the lights which never have any sunset, any setting, an existence which is never non-existence; a light which is never to be followed by darkness.
6. Verily, if the human spirit will rejoice and be attracted to the Kingdom of God, if the inner sight becomes opened, and the spiritual hearing strengthened, and the spiritual feeling predominant, he will see the immortality of the spirit as clearly as he sees the sun; and the glad tidings and signs of God will encompass him.

May 31st.

Be faithful over home relations; they lead to higher joys: obey the Golden Rule for human life, and it will spare you much bitterness.

It is pleasanter to do right than wrong; it makes one ruler over one's self and hallows home.

Home is the dearest spot on earth, and it should be the centre, though not the boundary, of the affections.

MARY BAKER G. EDDY.

A word spoken in due season, how good is it!

Prov. 15:28.

1. Treat your friends and relatives in general with the utmost kindness and love; deal in like manner even with strangers.
2. Force yourself to abound in all small offices of kindness, attention, affectionateness, and all those for God's sake. By and by you will feel them become a habit of your soul—a habit, more to be desired than any other.
3. For there is nothing which will do so much for the life as the forming of the good-will habit, the kindly habit, the habit of saying pleasant things about others.
4. The habit of saying kind things to others and about them, of always looking for the good in them, savors of heaven.
5. And “unfailing thoughtfulness of others in all those trifles that make up daily contact in daily life, sweetness of spirit, the exhilaration of gladness and of joy, and that exaltation of feeling which is the inevitable result of mental peace and loving thought—these make up the World Beautiful”. . . .

June 1st.

God will not lay upon man more than right. · *Job 4:23.*

Your sorrow shall be turned into joy. *John 16:20.*

Through the wholesome chastisements of Love, we are helped onward in the march towards righteousness, peace, and purity. We learn through suffering the greatest lesson of life; and it is useless for us "to try to get rid of suffering before we have learned its lesson".

MARY BAKER G. EDDY, H. W. DRESSER and C. B. NEWCOMB.

Religion must be the antidote for all illness

ABDUL BAHA.

True healing means to trust God more, to love more, to become at peace, to get out of self, to understand self.

It comes by laying fear aside through aspiration, by becoming adjusted to the body and to one's environment.

H. W. DRESSER.

1. Man is played upon by a stream of events or experiences;
2. The Father is present in all these experiences, all are meant for man's good.
3. But what man makes out of them depends upon himself, what he thinks, what motives and deeds he chooses.
4. While he certainly will not pity himself in them, when he knows that every moment of his life brings just what his development requires.
5. And that the experience passes just as soon as its lesson is learned.

1-3 H. W. DRESSER. 5 C. B. NEWCOMB.

June 2nd.

The Lord is ready to save me. *Isa. 38:20.*

When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I, the Lord will hear them, I, the God of Israel will not forsake them. I will open rivers in high places and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry lands springs of water. *Isa. 41:17-18.*

Gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ. *I Pet. 1:13.*

I trust in the mercy of God for ever and ever. *Ps. 52:8.*

1. Ye that fear the Lord, wait for His mercy; and turn not aside, lest ye fall.
2. Ye that fear the Lord, put your trust in Him; and your reward shall not fail.
3. Ye that fear the Lord, hope for good things, and for eternal gladness and mercy.
4. Who did ever put his trust in the Lord, and was ashamed?
5. Or who did abide in His fear, and was forsaken?
6. Or who did call upon Him, and He despised him?
7. For the Lord is full of compassion and mercy; and He forgives sins, and saves in time of affliction.
8. Woe unto the fearful hearts, and to faint hands, and to the sinner that goes two ways.
9. Woe unto the faint heart. For it believes not: therefore shall it not be defended.

1-9 *Ecclesiasticus.*

June 3d.

If ye love me, keep my commandments. And I will pray the Father, and He shall give you another Comforter, that he may abide with you forever; even the Spirit of Reality, whom the world cannot receive, because it seeth him not, neither knoweth him; but ye know him; for he dwelleth with you, and shall be in you.

John 14:15-17.

Then shall I sprinkle clean water upon you, and ye shall be clean: From all your filthiness, and from all your idols will I cleanse you. A new heart also will I give you, and a new spirit will I put within you; and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments and do them. *Ezek. 36:25-27.*

1. If ye through the Spirit do mortify the deeds of the body, ye shall live.
2. For as many as are led by the Spirit of God, they are the sons of God.
3. For ye have not received the Spirit of bondage again to fear;
4. But ye have received the Spirit of adoption, whereby we cry, Abba, Father.
5. The Spirit itself beareth witness with our spirit, that we are the children of God;
6. And if children, then heirs; heirs of God, and joint heirs with Christ.

1-6 *Rom.*

June 4th.

Since the beginning of the world man hath not heard, nor perceived by the ear, neither hath the eye seen, beside God, what He hath prepared for them that wait for Him. *Isa. 64:4.*

Were man to see the immortal Kingdom and its glory, he would abandon the mortal possessions of earth.

BAHA'O'LLAH.

1. Believe me, to be born a human being is a glorious thing.
2. It is to have had bestowed upon one, for the price of a few years of educational probation in the body, that individual consciousness that can never die;
3. And which, once the chrysalis of the flesh is left behind, enters a form so well adapted to its best conditions, that it is self-sustaining, and no longer a hamper upon the freedom of the mind.
4. But respect that flesh!
5. Respect and honor the splendid environment which has been given to your entity upon earth.
6. Thank God for the delicate yet strong, complex yet perfect body which gives expression to your present condition of existence.
7. Conserve its noble energies;
8. Preserve pure the well-spring of the blood;
9. Use and never abuse it.
10. Keep it holy.
11. Earth is now your God-designed dwelling place;
12. Your body is the temple of His Spirit.
13. Live harmoniously within, until you are called to your next phase of progressive experience.

1-13 CORA LINN DANIELS.

June 5th.

1. The happiness of our life depends upon the character of our thoughts. And our life is what our thoughts make it.
2. Indeed, "the whole question of living is a question of thinking".
3. Every thought of yours has a literal value to you in every possible way: The strength of your body, the strength of your mind, your success in business and the pleasure your company brings, depends on the nature of your thoughts.
4. Every one of your thoughts is a part of yourself.
5. If your thought is despondent, gloomy, jealous, carping, it repels; if cheerful, hopeful, full of earnest desire to do the most good possible to any one you meet, it attracts.
6. Your value and charm for others depends far more on what you think, than on what you say.
7. Let us [therefore] see to our habits of thought.
8. Let us "resolutely cut off all that leads to death, and cultivate and establish such as lead to life, before all the habit of thinking kindly".
9. Whenever thought is centered upon true and uplifting ideals, it cannot fail to be an efficient force in regeneration.
10. Right thoughts and deeds are the sovereign remedies for all earth's woe.
11. Thoughts are forces, and by them we create ourselves and our conditions.
12. We cannot get away from our thought. We must be like it.

1 M. AURELIUS. 2-6 P. MULFORD. 7-8 *Magazine of Mysteries*.
9 S. D. KIRKHAM. 10 MARY BAKER G. EDDY. 11-12 O. S. MARDEN.

June 6th.

I trusted in Thee, O Lord: I said, Thou art my God.
Ps. 31:14.

1. Fear, anxiety and uncertainty are not a necessary part of your life.
2. For you are inseparable from the One Great Mind, you are one with it, a reflection of it, were created in its image.
3. Therefore, if you yield to fear in any direction, it is a test of your understanding and of the amount of truth you have.
4. In all the little every-day experiences, you should learn to take hold of the truth, or the God that worketh within, in such a tangible manner that you would be carried over the trials or perplexities without entertaining a doubt, knowing that the Love which casts out fear, is a living, practical reality, not merely a sentimental belief.
5. Learn to wait patiently, trust humbly, depend only on this Love.
6. Seek solely to a God of light and love, of mercy and goodness, of glory and majesty, ever dwelling in the inmost depth and spirit of your soul.
7. There you have all the secret, hidden, invisible Upholder of all the creation, whose blessed operation will always be found by a humble, faithful, loving, calm, patient introversion of your heart to Him, who has His hidden heaven within you, and which will open itself to you, as soon as your heart is left wholly to His eternal, ever-speaking Word, and ever-sanctifying Spirit within you.

1-2 O. S. MARDEN. 3-4 H. W. DRESSER. 5-7 W. LAW.

June 7th.

Before honor is humility. *Prov. 15:33.*

Pride goeth before destruction, and an haughty spirit before a fall. *Prov. 16:18.*

Woe unto him that is wise in his own eyes, and prudent in his own sight. *Isa. 5:21.*

Knowledge puffeth up, but charity edifieth. If any man think that he knoweth anything, he knoweth nothing yet, as he ought to know. *I Cor. 8:1-2.*

1. Except you be converted, and become as little children, you shall not enter into the Kingdom of heaven.
2. Unless you choose humility and childlike trust in the path of the True One, you cannot find everlasting glory.
3. One can never go up, until one has gone down in his own esteem. Remember that human pride forfeits spiritual power.
4. And only among the ruins of his pride does man grow to be a loving child of the Most High.
5. It is humility, willingness to learn, which opens one to the Spirit. And no one can come to the knowledge of God except through humility.
6. It is, however, a false humility, whilst we acknowledge ourselves unworthy of the mercies of God, not to dare to expect them with confidence.
7. True humility consists in seeing all our unworthiness, and remaining abandoned to God, not doubting that He can effect in us the greatest things. God needs not to find anything in us; He can never find anything but that which He has placed there by His grace.

June 8th.

Be rejoiced in the glad-tidings of the Lord and trust in His great gifts and in the assistance of your Master.

Be happy and full of cheer through the showers of the clouds of paradise.

Do not feel sorry; do not brood over any loss; do not sit down depressed; do not be silent;

But be happy in spite of everything.

ABDUL BAHA and *Magazine of Mysteries*.

1. The source of unhappiness and sadness is but a feebleness of soul;
2. And only a little more courage, a little more trust, a little more love, a little more devotion to life, a little more eagerness is needed to open wide the portals of joy and truth.
3. Life is a great and glorious venture, and a man may rejoice in the mere battle.
4. It was not intended that he should suffer and be sad, but rejoice and forever be happy, buoyant, jubilant and prosperous.
5. "Every hour, every moment", is, and can be "wonderful, interesting, active, delightful";
6. But "one must give all that one [can], share everything, enact one's full part".
7. For "it is in activity, in doing and giving and loving, that the joy of life must be sought".

1 KOTHUMI. 2 M. MAETERLINCK. 3 H. BLACK. 4 E. TOWNE. 5-6 A. C. BENSON. 7 L. WHITING.

June 9th.

Are your feet firm, your spirits rejoiced, your secret thoughts pure, your eyes consoled, your ears opened, your breasts dilated with joy, and your souls gladdened?

ABDUL BAHA.

Peace I leave with you, my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. *John 14:27.*

Nothing in the whole world is worth the loss of your peace; even the sins which you have committed should only humble, but not disquiet you.

God is full of joy, peace and happiness. Endeavor, then, to obtain a continually joyful and peaceful spirit.

Avoid all anxious care, vexation, murmuring and melancholy, which darken your soul, and render you unfit for the friendship of God. If you do perceive such feelings arising turn gently away from them. G. TERSTEEGEN.

1. Blessed are they who throw themselves headlong and blindfold into the arms of the Father of all mercies and God of all comfort.
2. Nothing remains for them save to know Him better and better; no fear, save they be not quick enough to see what He requires.
3. And when you learn steadfastly to put aside all restless, unnecessary anxiety, which springs from a love of self very different from true love, you shall have attained the very heart of the narrow way;
4. And lacking in nothing towards God or man, you shall enjoy the pure liberty and the innocent peace of His children.

1-4 FENELON.

June 10th.

Make your ways and your doings good. *Jer 18:11.*

Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us. Looking unto Jesus the author and finisher of our faith. *Heb. 12:1-2.*

I am crucified with Christ: nevertheless I live, yet not I, but Christ liveth in me:

And the life which I now live in the flesh, I live by the faith of the Son of God, who loved me, and gave himself for me. *Gal. 2:20.*

We ought not to rest for one moment day nor night; we ought not to pollute our pure hearts with the attachment of this world; we must prepare divine assemblies, establish feasts of love, sing the melody of the most glorious Kingdom; hasten, dancing and laughing with joy, to the altar of martyrdom, and offer body and soul, head and trunk, as a sacrifice. **ABDUL BAHA.**

1. If any man will come after me, let him deny himself, and take up his cross, and follow me.
2. For whosoever will save his life shall lose it;
3. And whosoever will lose his life for my sake shall find it.
4. For what is a man profited, if he shall gain the whole world, and lose his own soul?
5. Or what shall a man give in exchange for his soul?

1-5 *Matt.*

June 11th.

Let everything that hath breath praise the Lord.

Ps. 150:6.

1. Praise belongs to God, the Lord of the worlds, the Merciful, the Compassionate.
2. Him we serve and Him we ask for aid.
3. For all things proceed from Him;
4. His power is boundless, His wisdom eternal; His goodness endures forever.
5. Justice and mercy wait before His throne;
6. And love enlightens His countenance forever.
7. The powers of our mind are the gifts of His goodness;
8. The wonders of our frame are the work of His hand.
9. The Lord is gracious and beneficent.
10. He has created the world in mercy and love.
11. So kindly has He suited our duty to our nature, that obedience to His precepts is happiness to ourselves.
12. O, let us praise His goodness with songs of thanksgiving, and meditate in silence on the wonders of His love.
13. Let our hearts overflow with gratitude;
14. Let the language of our lips speak praise and adoration.
15. Let the actions of our life show our love to His laws.
16. For all that we have in soul and in body, and whatsoever we possess outwardly or inwardly, naturally or super-naturally, are His benefits, and they do proclaim Him bountiful, merciful and good.
17. Therefore let us offer thanksgiving unto the Lord;
18. And pay our vows unto the Most High;
19. And let us call upon Him in the day of trouble:
20. He will deliver us, and we shall glorify Him.

June 12th.

1. Fear not, neither be discouraged.
2. Use your privilege of fear just so far as reasonable judgment tells you it is available to protect the interests of yourself and your friends; but having used it to that extent, carry it no further.
3. The moment you do you abuse the gift and deliberately turn it into an evil.
4. Such fear, this real fear is absolutely needless and unprofitable.
5. Indeed, "worry and fear are great crimes against one's self".
6. To fear or to worry is as sinful as to curse; for how can one fear or worry if he . . . believes in the Eternal Justice, the Omnipotent Good, the Boundless Love?
7. To fear, to worry, to doubt, is to deny, to disbelieve.
8. Fear is lack of faith, it is lack of trust.
9. O how necessary for everyone is a strong trust and a firm faith in God.
10. How necessary for you to begin the eternal life of childlike confidence and trustful consecration in the service of God.
11. Life will hold more to you than you have dreamed when, ceasing to be an alien, you return to a life of faith, to rest in the conscious nearness and friendship of the Infinite Spirit.
12. Knowing that God is not afar off, but nearer than the closest friend, and that nothing is so abiding sure as His love and providential care.

June 13th.

When men are cast down, then thou shalt say, There is lifting us; and he shall save the humble person.

Job 22:29.

They also that erred in spirit shall come to understanding, and they that murmured shall learn doctrine.

Isa. 2:24.

Return, ye backsliding children, and I will heal your backslidings. *Jer 3:22.*

Let existence be as carnal as it may, the Father cares for us all and is present with us every minute of our life.

H. W. DRESSER.

As His majesty is, so is His mercy. *Ecclesiasticus.*

No one save Him who is above all, knows all.

W. T. STEAD.

If man "has struggled in vain, and his tendency to evil and the material has been too strong to build up a substantial character of good, still God helps—for he is a spark of God, and must forever preserve his identity intact". CORA LINN DANIELS.

1. God will not compel any soul beyond what He has given it; He will make after difficulty ease.
2. He will work our dreadful failing into plenteous, endless solace;
3. Our shameful falling into high, worshipful rising;
4. And our sorrowful dying into holy, blissful life.
5. For He is a God of comfort and love.
6. Who has loved us, and has given us everlasting consolation and good hope through grace.

1st *Koran.* 2-4 *St. Julian of Norwich.* 6 *Thess.*

June 14th.

Prayer is the gate of heaven;
It is better than food or sleep.

P. BROOKS and *Koran*.

Prayer, . . . passively and without words, but full of thanksgiving and trust in God, brings new strength and help; . . . spiritual energy which would otherwise slumber, does become active, and spiritual work of some kind is really effected. O. HUCKEL AND ANON.

Nothing in this life will benefit us more than prayer, supplication and invocation unto God, and to be, with a heart full of love, in constant servitude unto Him.

ABDUL BAHA.

Prayer, coupled with a fervent, habitual desire to know and do the will of God, brings all light, leads us into all truth. And the more we approach God in prayer, the more will He take possession of us, to warn, reprove, correct and to enlighten us. FENELON.

1. I make it my business only to persevere in His holy presence, wherein I keep myself by a simple attention and a general fond regard for God, which I may call an actual presence of God;
2. Or, to speak better, an habitual, silent and secret conversation of the soul with God.
3. My continual care has been, to be always with God;
4. And to do nothing, say nothing and think nothing which may displease Him;
5. And this without any other view than purely for the love of Him, and because He deserves infinitely more.

1-5 BR. LAWRENCE.

June 15th.

He exhorted them all, that with purpose of heart they should cleave unto the Lord. *Acts 11:23.*

Turn thou to thy God: keep mercy and judgment, and wait on thy God continually. *Hos. 12:6.*

Be like an infant, which, being unable to dispose of itself, has no will except to love its mother; on whichever side it is placed it is satisfied, provided it be in the arms of her whom it loves and with whom it seems to constitute but one object. As it is not aware of having a will it does not make any exertion to unite it to its mother's, but it abandons itself to her care and allows her to will whatever she pleases in its regard. ST. FRANCIS DE SALES.

1. Renew often within you the feeling of the presence of God.
2. Accustom yourself to carry prayer into your daily occupations.
3. Speak, move, act in peace, as if you were in prayer.
4. Do everything without eagerness, as if by the Spirit of God.
5. As soon as you perceive your natural impetuosity impelling you, retire into the sanctuary where dwells the Father of Spirits; listen to what you there hear;
6. And then neither say nor do anything but what He dictates in your heart.
7. You will find that you will become more tranquil; that your words will be fewer, and more to the purpose; and that with less effort you will accomplish more good.

June 16th.

We know that we are of God. *I John 5:19.*

We are the offspring of God. *Acts 17:29.*

Being conscious of his unity with God the love of God becomes the ruling motive of man's life. R. C. EUCKEN.

O son of the highest sight! I have placed within thee a spirit from Me, that thou mightest be My lover: Why hast thou forsaken Me and sought to love another?

BAHA'O'LLAH.

The home of His children is in the Heart of God, who fills all worlds; realize His sacred presence in the inner sanctuary of your secret life, so may you now begin to possess Him, whom to know is the bliss of heaven.

Press onward to the goal, the crown of reward, gazing steadfastly on the love of the Eternal Father, till He receives all those who are perfected by patience into the inheritance of the children of God. ANON.

1. Man's inmost life is continuous in the eternal world, so that even death is an external incident.
2. He possesses spiritual powers which function independently of matter, and enable him to transcend conditions of space and time.
3. Man may abandon God, but God will not abandon him.
4. There is the throbbing of the Divine life in every artery of his corrupted heart.
5. From first to last he has been a son of God, living in heaven, using angelic powers, but he has not known it.

June 17th.

Whosoever is born of God overcometh the world.

I John 4:4.

We must not be attached to anything in the world. It is not worth one thought. ABDUL BAHA.

He who would attain the higher blessings should welcome the opportunities to obey. T. CHASE.

Man in this world must be so attentive for his worldly affairs and temporal, necessary pursuits that it may seem as though he thinks he is going to live forever in this world. And he must, at the same time, be so submerged in the love of God and occupied with the thoughts of the hereafter that it may seem as though he is going to die and leave this earth at the very moment. MOHAMMED.

Strive after the things of the Spirit and endeavor to attune your heart to the divinely infinite Love.

ABDUL BAHA.

1. Take no thought for yourselves or your lives—whether you eat, or whether you sleep, whether you are comfortable, whether you are well or ill, whether you have friends or foes.
2. For all these things you must not care at all.
3. You must die to yourselves and to the world;
4. So shall you be born again and enter the Kingdom of heaven.
5. Behold a candle, how it gives its light.
6. It weeps its life away, drop by drop, in order to give forth its flares of light.

1-6 ABDUL BAHA.

June 18th.

Put all thy trust in God, let Him be thy fear and thy love: He will answer for thee, and will do what is best for thee. THOMAS À KEMPIS.

Look not beyond to-day, and leave all to God, who shall supply all you need, according to his riches.

In all your undertakings, trust entirely to His providence; and co-operate gently with it on your side, believing that, if you have really trusted in God, whatever happens will be best for you, whether it seem in your eyes to be so or not. FENELON.

1. All things are ours in proportion to our faith and understanding. But we must believe and trust.
2. In finding God we find everything, but we cannot find Him when we are impatient, anxious or depressed.
3. If we say that we believe in God, and then worry, doubt, fear, and return to our selfish life, we do not yet possess the omnipresent Comforter.
4. We must give up all anxiety, and "our lives must be committed to the unseen realm with the trust of a little child".
5. In proportion as we realize love, joy and peace in our inner being, the discords of the external life will disappear.
6. God is Spirit and He is Love.
7. Live with Him, rejoice in Him, surrender your will to His will, and Heaven will take possession of your being.
8. But we must trust and rest, and live for the highest things.
9. Only the trusting heart can find peace in Him.

June 19th.

We should love one another. *I John 3:11.*

He that loveth his brother abideth in the light.

I John 2:10.

To think well of all, to be cheerful with all, to patiently learn to find the good in all—such unselfish thoughts are the very portals of heaven; and to dwell day by day in thoughts of peace toward every creature will bring abounding peace and happiness to their possessor.

JAMES ALLEN.

1. If God loves us, we ought also to love one another.
2. Just as God deals with all humanity—so kindly, so lovingly—must we deal with each other.
3. We must be loving and kind to the human world, and compassionate to the race of man.
4. We must deal with the strangers as we deal with the friends.
5. We must be gentle toward the outsiders as we are toward the beloved ones.
6. We have to know the enemy as a friend, and receive the unjust with the utmost love like unto a faithful one.
7. God created all, protects all, provides for all and is kind to all; why should we be unkind?
8. If God had not loved humanity He would not have created it.
9. Creation presupposes love.
10. God is the real Father; all are His children.
11. All the creatures are equal in this one family of God, save whoever is more kind, more compassionate—he is nearer to God.

June 20th.

Exhilarate the hearts through Thy fragrances of love.

ABDUL BAHÁ.

1. All the paths of the Lord are mercy and truth;
2. And the rain of His infinite mercy refresheth all places; the table of His bounty is spread far and near.
3. Just as there comes a warm sunbeam into every cottage window, so comes a love-beam of God's care and pity for every separate need.
4. And all things proclaim the bounty and love of God.
5. The depth, breadth, height, might, majesty, and glory of infinite Love fill all space.
6. An increasing sense of God's love, omnipresence, and omnipotence enfolds me.
7. Each day I know Him nearer, love Him more, and humbly pray to serve Him better, according to the abundance of His love.
8. But I realize that so much greater is Divine Love than even the highest human sense can know and express.
9. Yea, human knowledge and thought combined can only spell the first letter of the alphabet of His love.
10. For the Creator alone is the one who truly loves the creature: And the love of the creature is nothing in respect to the love of God.

1 *Ps.* 2 *SADI.* 3 *N. HAWTHORNE.* 5-7 *MARY BAKER G. EDDY and AUTHOR.* 8 *WICKLIFFE.* 9 *FAIZI.* 10 *GILES OF ASSISI.*

June 21st.

Be a partaker of the afflictions of the Gospel according to the power of God; who has saved us and called us with an holy calling, according to His purpose and grace, which was given us in Christ Jesus before the world began, but is now made manifest by the appearance of our Saviour Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the Gospel.

II Tim. 1:8-10.

O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps. O Lord, correct me, but with judgment: not in Thine anger, lest Thou bring me to nothing. *Jer. 10:23-24.*

Be not far from me; for trouble is near. *Ps. 22:11.*

Learn to bear your own burden, and let nothing defeat you. God is your helper. He is invincible; pray for strength; it will be given you, no matter how difficult the conditions. **ABDUL BAHÁ.**

1. Never mistrust God, and He will proportion your sufferings to the patience He will give you.
2. He only who has made all hearts, and renewed them by His grace, knows what that due proportion is.
3. As you learn to worship, praise and bless God for all things—to see His hand everywhere—you will feel nothing to be an unbearable evil.
4. And all that is excessive comes, not of God, who never lays too much on you, but from your own imagination, which seeks to penetrate the future, and your self-love, which exaggerates all you suffer.

1-1 FENELON.

June 22nd.

He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty.

We will say of the Lord, He is our refuge and our fortress: Our God; in Him will we trust.

Yea, the Lord is our light and our salvation; whom shall we fear? The Lord is the strength of our life; of whom shall we be afraid?

What time we are afraid, we will trust in Him.

In God have we put our trust; we will not fear what flesh can do unto us. *Ps.*

If we trust, if we expect it, the help will come.

H. W. DRESSER.

1. Fear and worry are useless.
2. They are sinful and are foes to the Spirit of the Lord.
3. God's providence is both wide and tender, and the less we fear, and the more lovingly we trust the sweeter will be our life, the brighter will be our hope, the fairer will be our general outlook, and the nearer will heaven seem to us.
4. It rests, therefore, with all men themselves whether they shall be happy or not, content or not, "successful or not, advance or not, grovel or not, aspire and rise or not".
5. In the one case they can love God so perfectly as to cast out all fear;
6. In the other they can love earth and themselves and what fleeting pleasures they can weakly gain, so much, that fear shall dodge and pursue them to the very grave.

June 23d.

The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Ghost be with you all.

II Cor. 13:14.

Verily, God is with us under all circumstances.

And the Messianic Spirit and the outpouring of the Holy Ghost is always manifest, but capacity and ability to receive it is more in some and less in others.

ABDUL BAHA.

God appears in the best thought, the truth of speech, and the sincerity of action, giving through His pure Spirit health, prosperity, devotion, and eternity to this universe. He is the Father of all truth. ZENDAVESTA.

The Christ-like life is a long and continual tendency of our hearts toward that eternal goodness which we desire upon earth. All our happiness consists in thirsting for it. Now this thirst is prayer. Ever desire to approach your Creator and you will never cease to pray.

FENELON.

1. Only by the experiences of the soul, only by penitence for sin, only by patient struggle after holiness, only by trust, by hope, by love, does God make Himself known to man.
2. And to become more and more conscious of His presence, man must inevitably turn to prayer.
3. Prayer is the pathway which leads to God and to the consciousness of His presence in the life.
4. Prayer is a means of realization.
5. Through prayer we are drawing nearer to God;
6. And the nearer we draw to God, the nearer He comes to us.

June 24th.

As the hart panteth after the water brooks, so panteth my soul after Thee, O God. My soul thirsteth for God, for the living God. *Ps. 42:1, 2.*

This is the truth of our soul, and this is her joy, that she must ever be growing into God, that all her movements should be modulated by this ultimate idea, and all her creations should be given as offerings to the supreme spirit of perfection. *R. TAGORE.*

I have no will but that of God, which I endeavor to accomplish in all things, and to which I am so resigned that I would not take up a straw from the ground against His order, or from any other motive but purely that of love to Him. *BR. LAWRENCE.*

The love of God must hold the chief place in the mind. It is the highest attainment of man. *SPINOZA.*

We should love God because He is the Supreme Good, and contemplate His eternal nature as the real substance of our own soul. *Theologia Germanica.*

Knowledge is love. Study, listen to exhortations, think, try to understand the wisdom and greatness of God, and you will love Him. *ABDUL BAHÁ.*

Our inmost experience teaches us that love comes infinitely more from God than from ourselves; the love that fills our hearts is God's own creation. *FENELON.*

This is the love of God, that we keep His commandments. *I John 5:3.*

June 25th.

It is incumbent upon you to turn wholly unto the Kingdom of God, and to make your thought, remembrance and effort confined to the education of your character.

ABDUL BAHÁ.

Whatever occurs to the mind as desirable, must always be desired and prayed and worked for in the fear of God and with humility of heart. THOMAS À KEMPIS.

Let us persistently keep the mind filled to overflowing with good thoughts, cheerful, generous, magnanimous, charity thoughts, love thoughts, truth thoughts, health thoughts, harmony thoughts—and all the discordant thoughts will have to go. E. TOWNE.

Be unselfish; have an ideal outlook; see yourself as you would like to be, healthy, happy, well-adjusted to life, helpful, wisely sympathetic, ever ready with an encouraging word, looking for the good, growing strong in wisdom and power; patiently awaiting occasions, yet always sufficiently occupied, so that you will have no time to be annoyed, fearful, restless or morbid. H. W. DRESSER.

1. Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.
2. But his delight is in the law of the Lord; and in His law doth he meditate day and night.
3. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season;
4. His leaf also shall not wither; and whatsoever he doth shall prosper.

1-4 Ps. 1.

June 26th.

Offer the sacrifices of righteousness, and put your trust in the Lord. *Ps. 4:5.*

Trust not to thy feeling, for whatever it be now, it will quickly be changed into another thing.

THOMAS À KEMPIS.

Simplify your judgment; do not make so many reflections and replies, but go on simply and with confidence; for you there is nothing else in the world but God and yourself. You have nothing to do with aught else, except so far as God commands it and in the way in which He commands it to you. *ST. FRANCIS DE SALES.*

The loves and frets and jars of earth, so real to you, are nothing—such petty whorls within a whirl of life beginning small, yet stretching far, ringing through space unending. *ANON.*

1. Peace grows from the life of God in the soul which is the same as the life of pure love.
2. Why should a soul be otherwise than tranquil which seeks for nothing but what comes in the providence of God?
3. Let us, then, seek the grace of a cheerful heart, an even temper, sweetness, gentleness and brightness of mind, as walking in His light and by His grace.
4. Let us pray to Him to give us the spirit of ever-abundant, ever-springing love, which overpowers and sinks away the vexations of life by its own richness and strength;
5. And which, above all things, unites us to Him who is the fountain and the center of all mercy, loving-kindness and joy.

June 27th.

The God of all grace, who hath called us unto His eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you. To Him be glory and dominion for ever and ever. Amen.
I Pet. 5:10, 11.

Increase more and more. *I Thess. 4:10.*

Unto whomsoever much is given, of Him shall be much required: and to whom men have committed much, of him they will ask the more. *Luke 12:48.*

The righteous also shall hold on his way, and he that hath clean hands shall be stronger and stronger.
Job 17:9.

From performing just actions a man becomes just; and from performing temperate ones, temperate; but without performing them no person would even be likely to become good. ARISTOTLE.

Believe that by means of every work, every thought, the shortest prayer, wonderful progress may be made; and all this brings us ever nearer and nearer to God. J. TAULER.

It is the little words you speak, the little thought you think, the little thing you do or leave undone, the little moments you waste or use wisely, the little temptations which you yield to or overcome—the little things of every day that are making or marring your future life.

J. F. CLARKE.

Our existence is meaningless if we never can expect to realize the highest perfection that there is. R. TAGORE.

June 28th.

Take heed to thyself, and keep thy soul diligently.

Deut. 4:9.

Be diligent that ye may be found of Him in peace, without spot and blameless. *II Pet. 3:14.*

What the age needs is time to think, time to meditate, time to pray, time, in short, for the Divine and Eternal.

W. T. STEAD.

What a heavenly potentiality God has deposited within you. What a power He has given your spirits. He has endowed you with such power that you are able to penetrate the realities of things. But you must be self-abnegating, you must have pure spirits, pure intentions, and strive with heart and soul, while in the human world, to attain glory everlasting. · ABDUL BAHÁ.

1. You have to work out your own salvation with fear and trembling.
2. Seeking is not sufficient.
3. It is striving that enables us to enter;
4. Spiritual attainments open the door to a higher understanding of the divine Life.
5. Let not the life of this world beguile you;
6. In the quiet sanctuary of earnest longings, we must deny sin and plead God's allness.
7. We must resolve to take up the cross, and go forth with honest hearts to work and watch for Wisdom, Truth, and Love.

1 *Phil.* 3-4 MARY BAKER G. EDDY. 5 *Koran.* 6-7 MARY BAKER G. EDDY.

June 29th.

We must love all for the sake of the face of our loving Lord. BAHA'O'LLAH.

The end of the commandment is charity out of a pure heart, and of a good conscience, and of faith unfeigned.

I Tim. 1:5.

We reach the immortal path only by continuous acts of kindliness, and we perfect our souls by compassion and charity. BUDDHA.

The Spirit's confirmations are with the soul who utterly forgets himself, constantly investigates his own faults and defects, loosens his tongue in mentioning the good qualities and sublime susceptibilities of others, does not see or hear or speak evil. ABDUL BAHÁ.

By our actions we reveal what is growing in the heart.

ABDUL BAHÁ.

1. We should go forth into life with the smallest expectations, but with the largest patience; with a keen relish for and appreciation of everything beautiful, great, and good, but with a temper so genial that the friction of the world shall not wear upon our sensibilities;
2. With an equanimity so settled that no passing breath nor accidental disturbance shall agitate or ruffle it;
3. With a charity broad enough to cover the whole world's evil, and sweet enough to neutralize what is bitter in it,—determined not to be offended when no wrong is meant, nor even when it is, unless the offense be against God.
4. Know ye not that he who exercises the largest charity, and waits on God, renews his strength, and is exalted?

1-4 MARY BAKER G. EDDY.

June 30th.

1. O my God! O my God!
 Thou beholdest and knowest
 That refuge or shelter save Thee
 Have I not found, nor shall I find,
 And beside the highroad of Thy love
 No pathway have I ever trodden,
 Or shall I tread.

2. In mid-night's dark, fear-haunted vigils
 The moon of Thine infinite mercy
 Awakens and brightens the eye of my soul.
 And when the sun upriseth,
 This withered heart, reviving in the light
 Of Thy perfection,
 In rapture communes.

3. Each drop though infinitesimally small,
 When assisted by the waves of the eternal outpouring
 Becomes a limitless sea,
 And every atom by a ray from the Effulgence
 Of Thy bounty baptized
 Is as a sun of beaming splendor
 And of power.

4. Wherefore, O pure Creator!
 To this Thy servant,
 Enraptured, afire,
 Grant a shelter in Thy secret habitation
 And make him while in this passing world
 In Thy love and friendship
 Steadfast and faithful.

5. And in the nest of Thy loving-kindness,
 Amid the branches of the Tree of Spirit,
 To this bird, featherless, broken-winged,
 Grant Thou an abiding place. ABDUL BAHA.

July 1st.

From joy does spring all this creation, by joy is it maintained, towards joy does it progress, and into joy does it enter. UPANISHADS.

Joy is there everywhere. It shows that the bonds of law can only be explained by love; and that universal Love is waiting to crown us with happiness, and to fill us with joy, although our individual spirit may not accept it.

R. TAGORE.

Behold my servant shall sing for joy of heart.

Isa. 65:14.

The God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost. *Rom. 15:13.*

Joy reigns when all work becomes the path to the union with God; when the soul ceases to return constantly to its own desires; when in it our self-offering grows more and more intense. R. TAGORE.

When we neither care for, nor seek, nor desire anything but the Eternal Goodness alone, and seek not ourselves, nor our own things, but the honor of God only, we are made partakers of all manner of joy, bliss, peace, rest and consolation, and so we are henceforth in the Kingdom of heaven. *Theologia Germanica.*

We may be sure that we cannot be pleasing Him if we are not happy ourselves. J. RUSKIN.

O Thou, by whose name the sea of joy moveth and the fragrances of happiness waft; I beg of Thee to show me from the wonders of Thy favor that which shall brighten my eyes and gladden my heart. BAHA'O'LLAH.

July 2nd.

Go on trustfully and without fear. FENELON.

Faith has no fear. ANON.

If there is anything capable of setting the soul in a large place it is the absolute abandonment to God. If there is anything that can render the soul calm, dissipate its scruples and dispel its fears, sweeten its sufferings by the anointing of love, impart strength to it in all its actions, and spread abroad the joy of the Holy Spirit in its countenance and words, it is the simple, free and childlike repose in the arms of God. FENELON.

1. There is an abuse of fear which should be overcome and driven out of every heart;
2. It is needless fear—fear for to-morrow, anxiety, doubt, those forms of fear that almost invariably deal with the future.
3. Men do not fear the past; that is over;
4. They fear the results of the past as happening in the future—results of missteps, errors, crimes, which they have not “paid for,” as they call it.
5. Again, fear is abused instead of used when unfaith creeps in, or faith in coming evil hereafter, or doubt of God’s eternal mercy and love, or belief in torments and everlasting damnation.
6. Religious fear in any form whatever is the abuse of fear:
7. For there is no fear in true religion, nothing to fear hereafter, and fear has no place beside so holy a word.

1-7 CORA LINN DANIELS.

July 3d.

If our heart condemn us, God is greater than our heart, and knoweth all things. *I John 3:20.*

Two points of danger beset mankind; namely, making sin seem either too large or too little.

MARY BAKER G. EDDY.

You do, indeed, well, if you grieve because of your sin, but grieve moderately; for you ought always to believe that the power of God is greater in forgiving than your power in sinning. GILES OF ASSISI.

1. Beware of despairing about yourself.
2. Face your sins and faults in their true hideousness, but do not cease to hope in God.
3. Wickedness, indeed, condemned by a witness within, is a coward thing, and being pressed hard by conscience, always forecasts the worst lot:
4. But fear is nothing else but the surrender of the succors which reason offers. And it is a lack of trust and the absence of the confidence which we ought to have in God.
5. For no difficulties in your case can baffle Him.
6. No dwarfing of your growth in years that are past, no apparent dryness of your inward springs of life, no crookedness or deformity in any of your past development, can in the least mar the perfect work that He will accomplish, if you will only put yourself absolutely into His hands, and let Him have His own way with you.
7. And the more speedily you do so, the more lovingly you turn to God, the more exalted and noble will be your blessedness—your everlasting delight.

1 ST. AUGUSTINE. 2 FENELON. 3-4 *Wisdom of Solomon*. 5-6 ANON.
7 J. TAULER.

July 4th.

Thou lovest righteousness, and hatest wickedness: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows. *Ps. 45:7.*

Having chosen our course, let us renew our trust in God and go forward without fear, and with manly hearts.

A. LINCOLN.

Love the truth and peace. *Zech. 8:19.*

Let not a man glory in this, that he loves his country; let him rather glory in this, that he loves his kind. Let him look upon the whole world as his country; and let him love all mankind equally.

BAHA'O'LLAH, Roman and BUDDHA.

1. O sons of Adam! Close your eyes to racial differences, and welcome all with the light of oneness.
2. Be the cause of comfort and promotion of humanity.
3. Live among the people a life that will manifest signs of God.
4. This handful of dust, the world, is one home: let it be in unity.
5. Forsake pride, it is the cause of discord; follow that which tends to harmony, and be not occupied with yourselves.
6. Be intent on the betterment of the world and the training of nations.
7. Consort with all the people of the world with joy and fragrance.
8. Fellowship is the cause of unity, and unity is the source of order in the world.
9. Blessed are they who are kind and serve with love.

1-9 BAHÁ'O'LLAH.

July 5th.

Not by might, nor by power, but by My Spirit, saith the Lord of Hosts. *Zech. 4:6.*

To seek the Kingdom of God and its righteousness is to give up the selfish will and to be true to the Divine guidance in every moment of our individual and social life, whenever it comes, to follow wherever it leads, and to open heart and mind in unqualified consecration to the Father's work. If you are faithful in these things you shall be so tenderly and faithfully cared for that from the hour of consecration you need not give secondary things a moment's anxious thought. All that you long for will come when you lose self, that you may find it. H. W. DRESSER.

Man must be lofty in endeavor. He must seek to become heavenly, to become spiritual, to find the pathway to the threshold of God, to become acceptable in the sight of God. This is eternal glory, to be near God. This is eternal sovereignty, to be imbued with the virtues of the human world.

This is boundless blessing, to be entirely sanctified and holy above every stain and dross. ABDUL BAHA.

Grant me, O Lord, to be strengthened with might in the inner man, and to empty my heart of all useless care and anguish. O Lord, grant me heavenly wisdom, that I may learn above all things to seek and to find Thee, above all things to relish and love Thee, and to think of all other things as being, what indeed they are, at the disposal of Thy wisdom. THOMAS À KEMPIS.

July 6th.

Behold, all souls are Mine. *Ezek. 18:4.*

Surely God is in thee; and there is none else, there is no God. Verily, Thou art a God that hidest Thyself, O God of Israel, the Saviour. *Isa. 45:14, 15.*

The Divine Essence surrounds all things. ABDUL BAHÁ.

No good quality or power have we wholly our own, but all we possess is God in us. If you or I have any good quality or power, where do we get it from? If you or I display any love, and feel love, is it not God in us?

H. W. DRESSER.

1. None of us liveth to himself, and no man dieth to himself; for whether we live, we live unto the Lord, and whether we die, we die unto the Lord; whether we live, therefore, or die, we are the Lord's.
2. His we are, and desire to remain for time and eternity.
3. We are His property; and He belongs more really to us than anything we possess.
4. For He is unto us even the life of our life.
5. Let us, therefore, forget all else save Him, and let us be comforted by His Spirit.
6. We are His possession, and His possession shall never be destroyed.
7. Let us abide in our love to Him.
8. And let us cast our cares into the bosom of so good a Father, and suffer Him to do as He pleases.
9. Let us be content to adopt His will in all points, and to abandon our own absolutely and forever.

1 *Rom.* 2-3 J. TAULER. 4 ST. AUGUSTINE. 5-7 BAHÁ'O'LLAH. 8-9 FENELON.

Except a man be born of water and of the Spirit, he cannot enter into the Kingdom of God. *John 3:5.*

Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.

Watch and pray, that ye enter not into temptation; the spirit, indeed, is willing, but the flesh is weak.

Blessed is the man that endureth temptation: for when he is tried he shall receive the crown of life, which the Lord hath promised to them that love Him. *Jas. 1:12.*

When man in all conditions is pure and immaculate, he will become a center for the reflection of the manifest light. ABDUL BAHA.

Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from Thy presence; and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation; and uphold me with Thy free Spirit. *Ps. 51:10-12.*

1. Love not the world, neither the things that are in the world.
2. If any man love the world, the love of the Father is not in him.
3. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.
4. And the world passeth away and the lust thereof: but he that doeth the will of God abideth forever.

1-4 ST. JOHN.

July 8th.

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy, and my burden is light. *Matt. 11:28-31.*

Behold, I stand at the door and knock; if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. *Rev. 3:20.*

We hold back from God, who seeks us but that He may save us. FENELON.

Grieve not at the divine trials. Be not troubled because of hardships and ordeals; turn unto God, bowing in humbleness and praying to Him, while bearing every ordeal, contented under all conditions and thankful in every difficulty. Verily, the Lord loveth those who are patient-believing and firm. He draws them nigh unto Him through these ordeals and trials. ABDUL BAHA.

1. Are you utterly helpless, worn out in body and soul?
2. Then God's eternal love is ready and willing to help you up and revive you.
3. Are you wearied with doubts and terrors?
4. Then God's eternal light is ready to show you your way, God's eternal peace ready to give you peace.
5. Do you feel yourself full of sins and faults?
6. Then take heart.
7. For God's unchangeable will is, to take away those sins, and purge you from those faults.

1-7 C. KINGSLEY.

July 9th.

The leaves of life keep falling one by one.

OMAR KHAYYAM.

There is no man that hath power over the spirit to retain the spirit; neither hath he power in the day of death. *Eccles. 8:8.*

Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it. *Eccles. 12:7.*

To be near the separation of soul and body, what harm is there in this? If you are not near it now, will you not be near it hereafter? EPICTETUS.

To noble souls, death is the end of an obscure prison; to the remainder, it is a trouble—to such, that is, as have fixed all their care upon what is but so much dung.

ST. CATHERINE OF GENOA.

Go, give to the plants and to the waters thy body which belongs to them; but there is an immortal portion of thee, transport it to the world of the holy. VEDAS.

Examine thy deeds each day, before thou art judged, for death will suddenly overtake thee, and then thy deeds shall judge thee. BAHA'O'LLAH.

“The spirit”, having entered the other world, is “conscious of his past, the opportunities he has missed, the joys he might have had and won, and the approval of God which might have been his. . . . Being now terribly aware of his ill-spent years, his short-comings, his neglect of truth and right, his spiritual deformity in the midst of ineffable beauty, [he] so infinitely desires the forgiveness and approval of God that even heaven cannot charm him until that harmony is established”. CORA LINN DANIELS.

July 10th.

Keep thy heart with all diligence; for out of it are the issues of life. *Prov. 4:23.*

Out of the heart proceed evil thoughts, murders, adulteries, fornication, thefts, false witness, blasphemies. These are the things which defile a man. *Matt. 15:19.*

Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. *Phil. 4:8.*

It is the habitual, determined thinking arising out of settled convictions and opinions which brings results.

A. M. CRANE.

1. He who would be useful, strong and happy, must cease to be a passive receptacle for the negative, beggarly and impure streams of thought; and must cherish every thought that conveys to his mind an element of strength or beauty.
2. For "man's only safety lies in [true] thoughts—in a spiritual consciousness".
3. He, therefore, has to "learn to think the true thought, the God-thought of life in everything".
4. And has to dismiss the discordant thoughts from his mind, and to exclude the wrong thoughts which may follow any perception.

July 11th.

The righteous doth sing and rejoice. *Prov. 29:6.*

Be rejoiced through the grace of your Lord and happy through the bounties of your God, the Most Merciful of the merciful. ABDUL BAHÁ.

Everybody ought to be happier than the happiest of us.

And as we are now living in eternity, the time to be happy is to-day. E. TOWNE and G. KLEISER.

1. Gloom, despondency, worry about the future, and all the discordant passions have to be tuned out of our life-instrument before it will express the exquisite melodies, the ravishing harmonies which the Creator intended it to express.
2. Wherefore keep your mind filled with sunshine, with beauty and truth, with cheerfulness and uplifting thoughts, and bury everything that makes you unhappy and discordant, everything that cramps your freedom.
3. Oh, if you only could know how brief is the span of earth's trials and disciplines when compared with the enduring rewards of courage, faith, patience and cheerfulness.
4. If only you could know what hope, faith, courage and cheerfulness can do for you while yet in the body; if you but understood how these set in motion the active forces that make for good; if you but knew how through them you attract to yourself beneficent influences which make for content and prosperity;
5. You would turn from your self-pity and sadness with a song of joy in your heart and a benediction upon your lips for the blessings within your reach.

1-2 O. S. MARDEN.

July 12th.

Lead me to the Rock that is higher than I. *Ps. 61:2.*

We should not trust in ourselves, but in God.

I Cor. 1:9.

The eyes of the Lord run to and fro throughout the whole earth, to shew Himself strong in the behalf of them whose heart is perfect toward Him. *II Chron. 16:9.*

I am with you to save you. *Jer. 42:11.*

1. What a divine joy would life be could we always maintain the consciousness of the Divine Presence.
2. But are we not apt to forget this nearness, to fear, to worry, and to act as though we were quite independent of the great Father, without whom we could not be?
3. "The whole universe is ruled absolutely by" Him, by "Love, unadulterated Good";
4. We "have nothing to fear, nothing to be anxious about".
5. And our earnest and constant endeavor, therefore, should be to cultivate faith; to fill our mind with thoughts of peace, hope, courage and strength; to call them to us out of the boundless universe.
6. They are ours by right, for we are a part of the One Life.
7. These good thoughts are just as much ours as any other thoughts, if we will only claim them as our own and receive and entertain them.
8. The very joy of heaven is at our door [in these thoughts] waiting to be brought up into our consciousness and made the working principle of existence.

1-2 H. W. DRESSER. 3-4 G. A. KRATZER. 5-7 E. TOWNE. 8 O. HUCKEL.

July 13th.

The way of transgressors is hard. *Prov. 13:15.*

Every idle word that men shall speak, they shall give account thereof in the day of judgment. *Matt. 12:36.*

Exercise thyself unto godliness. For godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. *I Tim. 4:7, 8.*

It is well with them who cling to the good; but they who choose the pleasant, miss their end. There is danger in even the least of those things man should avoid. For whatsoever a man has done, whether virtuous or sinful deeds, not one of them is of little importance; they all bear some kind of fruit. UPANISHADS and BUDDHA.

1. Say ye to the righteous, that it shall be well with them: for they shall eat the fruit of their doings.
2. Woe unto the wicked! It shall be ill with them: for the reward of their hands shall be given them.
3. Tribulation and anguish upon every soul of man that doeth evil, but glory, honor and peace to every man that worketh good.
4. For the hand of God is upon all them for good that do good and seek Him, but His power and His wrath is against all them that forsake Him.
5. He is with them while they are with Him; and if they seek Him, He will be found of them; but if they forsake Him, He will forsake them.

1-2 *Isa.* 3 *Rom.* 4 *Ezra.* 5 *Chron.*

July 14th.

Draw nigh to God, and He will draw nigh to you.

Jas. 4:8.

A general rule for employing our time well is to accustom ourselves to live in a continual dependence on the Spirit of God and His law, receiving from moment to moment what He is pleased to give us; consulting Him in the doubts, in which it is necessary to choose our course at once; recurring to Him in those seasons of weakness in which virtue faints; invoking Him and lifting ourselves towards Him when the heart, seduced by sensible objects, sees itself drawn imperceptibly from its road, and discovers itself in a state of forgetfulness of God and distance from Him. FENELON.

1. Let us remember God with frequent remembrance, and celebrate His praises morning and evening.
2. Let us worship Him who originated us, and unto whom we must return.
3. Let us worship and bow down: let us kneel before the Lord, our Maker.
4. For He is our God;
5. And we are the people of His pasture, and the sheep of His hand.
6. And every home where God is praised and prayed to, and His Kingdom proclaimed, is a garden of God and a paradise of His happiness.
7. All creatures that would be saved must of necessity return to prayer in the end.
8. Yea, would you live happy—happy die, take time to pray!

1 KORAN. 2 BADGAVAT GITA. 3-5 Ps. 6 ABDUL BAHÁ. 7 GILES OF ASSISI. 8 ANON.

July 15th.

Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. *I John 3:2.*

The creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. *Rom. 8:21.*

Because ye are sons, God hath sent forth the spirit of His Son into your hearts, crying, Abba, Father.
Gal. 4:6.

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? *I Cor. 3:16.*

Let us become spiritual. Let us become a temple perfect unto God. ST. BARNABAS.

Thou, our God, art gracious and true, long-suffering, and in mercy ordering all things. For even if we sin, we are Thine, knowing Thy dominion; but we shall not sin, knowing that we have been accounted Thine.

Wisdom of Solomon.

1. Great Master, touch us with Thy skilful hand,
 Let not the music that is in us die;
2. Great Sculptor, hew and polish us, nor let,
 Hidden and lost, Thy form within us lie.
3. Spare not the stroke, do with us as Thou wilt;
 Let there be naught unfinished, broken, marred;
4. Complete Thy purpose that we may become
 Thy perfect image, O our Lord and God.

July 16th.

Let no man seek his own. *I Cor. 10:24.*

Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life. *John 6:27.*

Break up your fallow ground, and sow not among thorns. *Jer. 4:3.*

Not as pleasing men, but God, which trieth our hearts.
 I Thess. 2:4.

Herein do I exercise myself, to have always a conscience void of offense toward God, and toward men. *Acts 24:16.*

In many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body. *Jas. 3:2.*

I will give them an heart to know Me, that I am the Lord: and they shall be My people, and I will be their God: for they shall return unto Me with their whole heart. *Jer. 24:7.*

1. Walk worthy of the vocation wherewith you are called, with all lowliness and meekness, with long-suffering, forbearing one another in love;
2. Endeavoring to keep the unity of the spirit in the bond of peace;
3. For there is one body, and one Spirit, even as you are called in one hope of your calling;
4. One Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

1-4 *Eph.*

July 17th.

Take heed and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth. *Luke 12:15.*

Let your conversation be without covetousness; and be content with such things as ye have: for He hath said, I will never leave thee, nor forsake thee. *Heb. 13:5.*

Study to be quiet, and to do your own business, and to work with your own hands. *I Thess. 4:11.*

We ought to weary of the fleeting and false and to cherish nothing which hinders our highest selfhood.

MARY BAKER G. EDDY.

All the treasures of the earth are not to be compared to the least virtue of the soul. SOCRATES.

1. Cast off whatever hinders, entangles, or burdens you, until you attain that which satisfies, beyond which nothing is, beneath which all things are, of which all things are.
2. Consecrate existence . . . to the eternal builder, the everlasting Father, to the Life which mortal sense cannot impair nor mortal belief destroy.
3. Yea, abandon the drop of life to reach the ocean of the Beloved One;
4. Set your heart and your soul to seek the Lord, your God, and serve Him.
5. For when you are engaged in useless service the end is loss within loss; while the service of the Lord of the Kingdom in the end is profit within profit.

1 ST. AUGUSTINE. 2 MARY BAKER G. EDDY. 3 BAHÁ'O'LLAH. 4 *Chron.* 5 ABDUL BAHÁ.

July 18th.

A good time is a pure time, a gay time, a careless and free-hearted time, leaving past sorrows and angers all behind, forgetting the thing that rankled yesterday, letting last night's dark thoughts drop, not worrying about the future, but just getting the best and nicest out of the present moment. CORA LINN DANIELS.

1. Let us soar up with wings of joy and happiness into the apex of exultation and gladness.
2. Let us warble as birds in the garden of joy.
3. Let us sing evening and morning, and let song touch song all the way through.
4. Oh that we could put songs under our burdens.
5. Oh that we could extract the sense of sorrow by song.
6. True religion is full of hope, sunshine, optimism, and cheerfulness.
7. It is joyous and glad and beautiful.
8. No goodness that is not happy is good enough for God.
9. Virtue lies in joy, in cheerfulness, in sunshine—not in cold, not in darkness, be these without or within.
10. The attitude of unhappiness is not only painful, it is mean and ugly.
11. What can be more base and unworthy than the puning, puling, mumping mood, no matter by what outward ills it may have been engendered?
12. What is more injurious to others? What less helpful as a way out of the difficulty?

1-2 ABDUL BAHÁ. 3-5 H. W. BEECHER. 6-7 O. S. MARDEN. 8 J. HINTON. 9 S. D. KIRKHAM. 10-12 W. JAMES.

July 19th.

God is Love, and when you are lost in love you are found in God. W. T. STEAD.

Let us not love in word, neither in tongue; but in deed and in truth. *I John 3:18.*

Every act of good-will brings us into the universal order of love. . . . To be without love is the crime of life.
H. BLACK.

1. Beloved; let us love one another, for love is of God; and every one that loves is born of God, and knows God.
2. God is Love. And love in us is a sparkle of that immense and infinite Love of the King and Lord of Love.
3. Love is above all; and when it prevails in us all, we shall all be lovely and in love with God and one with another.
4. The meanest man or woman who loves is, so far as they love, inspired by the Divine.
5. The whole secret of the saving of the world lies in that—you must have more love—more love—more love.
6. If you can do nothing else for others, think of them lovingly;
7. For the loving thought is an angel of God sent to carry a benediction to the soul.
8. When you think with real feeling and earnestness of another's welfare and long to help him, you do help him.

July 20th.

Oh, how compassionate and comforting God is to those who go to Him with hearty confidence, who turn to Him in their troubles. Men are hard, critical, harsh, never more than half tolerant; but God bears with all, is pitiful to all; His goodness, His patience and indulgence are boundless. FENELON.

Let not your hands tremble, nor your heart be disturbed, but rather be confident and firm in the love of your Lord, the Merciful, the Clement; turning unto Him with a heart cheerfully swayed by His love and kindled by the fire of His desires, both day and night.

ABDUL BAHA.

1. Every one of you is dear to God; to the Father, who “loves each of us as if each were the only child He has”.
2. He so loves you that He would make all things channels to you and messengers of His love. Yea, all existence He has made to be a book of pages and tablets which utter the glad-tidings of the appearance of the Kingdom of His love.
3. O that you might realize that love; and that you might know “the exceeding wonder and glory and infinitude of the sense of the realized love of God”.
4. All that you know of earthly love—the love of mother for her child, the love of bridegroom for bride, the love of husband and wife—all earthly loves and ecstasies of affection, are but as the alphabet of the language of heaven;
5. But the more ideally and unselfishly you yourself love, the more you will understand God and have God in you, the hope of glory.

July 21st.

Their heart shall rejoice in the Lord. *Zech. 10:7.*

Let us rejoice at the thought of that eternal, infinite beauty, which is the source of all created beauty.

L. SCUPOLI.

Like the glories of the morning light, spread over the landscape for the contemplation of those who are prompted to rise early, so are the wisdom and peace, the majesty and love of God present each day and hour, each moment everywhere. H. W. DRESSER.

The lowliest child of earth may behold the Hidden Glory. The tranquil mind, the loving heart, the eye of faith, only these are needed, but to a supreme degree rarely found in mortals, though quite possible of attainment by consecration of purpose, and sufficient earnest spiritual desire and aspiration. M. B. WALLACE.

We should be holy, spiritual, divine, lively, brilliant, godlike, sanctified, pure, with merciful character, fluent and knowing; and gaze toward the Kingdom of Glory with hearts brimming over with the love of God; with tears flowing in the commemoration of God, and with faces scintillating through the light of God.

ABDUL BAHA.

When man considers the wealth and the marvellous sublimity of the Divine nature, and all the manifold gifts which He grants and offers to His creatures, amazement is stirred up in his spirit at the sight of so manifold a wealth and majesty; at the sight of the immense faithfulness of God to all His creatures. This causes a strange joy of spirit, and a boundless trust in God, and this inward joy surrounds and penetrates all the forces of the soul in the secret places of the spirit. J. RUYSBROECK.

July 22nd.

Be not afraid, only believe. *Mark 5:35.*

Be of good comfort; thy faith hath made thee whole.
Matt. 9:22.

Take heed, lest there be in any of you an evil heart of unbelief, in departing from the living God. But exhort one another daily, while it is called to-day; lest any of you be hardened through the deceitfulness of sin.

Heb. 3:12, 13.

Without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him.

Heb. 11:6.

According to your faith be it unto you. *Matt. 9:29.*

Faith is not so much what we believe as what we carry out. ABDUL BAHÁ.

Faith is not mere expectation, but present substance. To live vigorously we must live by faith. H. WOOD.

Strengthen ye the weak hands, and confirm the feeble knees. Say to them that are of a fearful heart, Be strong, fear not. *Isa. 35:3.*

Fear ye not, stand still, and see the salvation of the Lord. *Ex. 14:13.*

It is good that a man should both hope and quietly wait for the salvation of the Lord. *Lam. 3:26.*

He is a shield unto them that put their trust in Him.
Prov. 30:5.

July 23d.

Cast away from you all your transgressions, whereby ye have transgressed; and make you a new heart and a new spirit. *Ezek. 18:31.*

Break off thy sins by righteousness, and thine iniquities by shewing mercy to the poor. *Dan. 4:27.*

Turn again after thy injustice and act aright, and God will turn unto thee; for He is forgiving and merciful.

Verily, He is forgiving unto him who repents and believes and does right, and then is guided. *Koran.*

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

Prov. 28:13.

As to the past, there is nothing to be done save to leave it to God in humble confidence, and seek to atone for it by unremitting fidelity. FENELON.

In trying to undo the errors of sense one must pay fully and fairly the utmost farthing, until all error is finally brought into subjection to Truth.

MARY BAKER G. EDDY.

1. Will the Lord be pleased with thousands of rams, or with ten thousands of rivers of oil?
2. Shall I give my first-born for my transgression, the fruit of my body for the sin of my soul?
3. He hath shewed thee, O man, what is good; and what doth the Lord require of thee:
4. But to do justly, and to love mercy, and to walk humbly with thy God.

1-4 *Micah.*

July 24th.

We pray always for you, that our God would count you worthy of this calling, and fulfil all the good pleasure of His goodness, and the work of faith with power.

II Thess. 1:11, 12.

Let us not forget that no one becomes perfect all of a sudden; it is by mounting, and not by flying, that we come to the top of the ladder. Let, on our part, meditation and prayer be the two feet we make use of to do so.

A. RODRIGUEZ.

We ourselves cannot make us over.

But God Himself does lead us into the experiences which burn out the dross and purify the gold.

L. ABBOTT.

1. The longing to be better and holier, expressed in daily watchfulness and in striving to assimilate more of the divine character, will mould and fashion us anew, until we awake in His likeness.
2. To cause our regeneration it is, indeed, sufficient that we see the beauty of righteousness and desire to practice the moral law; almost unconsciously will we then begin to realize our ideal.
3. Meanwhile we may sometimes unnecessarily condemn ourselves as hypocrites, when we are, in truth, progressing as rapidly as our obstinate lower nature will permit.
4. The new birth is not the work of a moment. It begins with moments, and goes on with years; moments of surrender to God, of childlike trust and joyful adoption of good; moments of self-abnegation, self-consecration, heaven-born hope, and spiritual love.

July 25th.

Wherefore doth a living man complain, a man for the punishment of his sins? *Lam. 3:39.*

Behold, they whose judgment was not to drink of the cup have assuredly drunken: and art thou he that shall altogether go unpunished? *Jer. 49:12.*

He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully. *II. Cor. 9:6.*

He will speak peace unto his people, and to his saints; but let them not turn again to folly. Surely His salvation is nigh them that fear Him. *Ps. 85:8, 9.*

Man has free-will to the extent of non-development of his own spiritual powers, and can carry it to such an extent that [we] look with pitying horror upon his obstinate depravity, but do what he will, he cannot kill out within himself the indestructible germ of spirit, which is immortal and eternal. *CORA LINN DANIELS.*

There is hope for the weakest and lowest.

R. S. BAKER.

But the righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon. *Ps. 92:12.*

“The man who builds up the strongest character of righteousness in the human life is the man who stands highest, has finest powers and noblest joys” in the next life. For “the good conditions, the joys which surround it, are the outcome of its own righteousness, and abound more or less, according to the capacity to enjoy, comprehend and make use attained by the living spirit”.

CORA LINN DANIELS.

July 26th.

Mine eyes are upon all their ways. *Jer. 16:17.*

The Lord knoweth them that are His. Let every one that nameth the name of Christ depart from iniquity.

II Tim. 2:19.

Though a sinner do evil an hundred times, and his days be prolonged, yet surely I know that it shall be well with them that fear God, which fear before Him.

Eccles. 8:12.

The way of the just is uprightness: Thou, most upright, dost weigh the path of the just. Yea, in the way of Thy judgments, O Lord, have we waited for Thee; the desire of our soul is to Thy name, and to the remembrance of Thee. *Isa. 26:7, 8.*

Watch ye, stand fast in the faith, quit you like men, be strong. *I Cor. 16:13, 14.*

The end of all things is at hand: Be ye therefore sober, and watch unto prayer. And above all things have fervent charity among yourselves: For charity shall cover the multitude of sins. *I Pet. 4:7, 8.*

Your share of time, it is but a moment in comparison. Why then cannot you manage that little well and be satisfied? What are all the revolutions of nature, and the accidents of life, but trials of skill and exercises of reason that has looked through the causes of things carefully and philosophically? Go on, then, like a fire well kindled, which catches at everything you throw in, and turns it into flame and brightness. M. AURELIUS.

July 27th.

We were so planned that existence alone should be a perpetual joy. O. S. MARDEN.

Rejoicing is active blessedness of mind which carries intense help to others. M. B. WALLACE.

Be peaceful and joyous; consecrate the simplest duties of every day; fill your life with earnest endeavor and perfect trust; and no matter how narrow and painful it may seem to you, when it is ended you will look back with wonder at the influence for good your quiet example and cheerful spirit have been. J. F. CLARKE.

To be glad in the gladness of others; to rejoice in ministering in every possible way to any need or want; to never fail to bring the largest sympathy to the smallest trouble; to live in that spirit of thoughtful and generous consideration that we may miss no least opportunity of service—this is the spirit which creates the conditions of power and happiness. WHITING.

1. O God, refresh and gladden my spirit. Purify my heart. Enlighten my understanding. I lay all my affairs in Thy hand. Thou art my guide and my refuge.
2. I will not be sorrowful and grieved any more. I will be a happy and joyful being. O God, I will not worry any more. I will not let trouble harass me any longer. I will not dwell on the unpleasant things of life.
3. O God, Thou art kinder to me than myself. I dedicate myself to Thee, O Lord. Amen.

1-3 ABDUL BAHÁ.

July 28th.

The resuscitation or rebirth of the spirit of man is through the science of the love of God. ABDUL BAHA.

Love is the way that leadeth up to God. ST. IGNATIUS.

To love man is to love God, and to be kind to the people is to serve God. ABDUL BAHA.

Whoso keepeth His word, in him, verily, is the love of God perfected. *I John 2:5.*

1. The more one loves the nearer he approaches to God, for God is the Spirit of infinite Love.
2. The more you love the more you are like God.
3. It is only when you deeply, truly love, that you find your true selves, or that you see the Divine in the person loved.
4. Love is the fulfilling of the law; Love is the seeing of the face of God. Love is God; God is Love.
5. If you wish to be with God—love; if you wish to be in heaven—love; for heaven differs chiefly from earth in that in heaven all love up to the full measure of their being, and all growth in grace is growth in love.
6. Love! That is the first word and the last word. There is none beside that, for God, who is Love, is all in all.

1 R. W. TRINE. 2-6 W. T. STEAD.

July 29th.

Comfort ye, comfort ye my people, saith your God. Speak ye comfortably to Jerusalem, and cry unto her, that her warfare is accomplished, that her iniquity is pardoned; for she hath received of the Lord's hand double for all her sins. *Isa. 40:1, 2.*

Lift up your hearts, fear nothing, for His love is around you. ANON.

A mental state of self-condemnation and guilt or a faltering and doubting trust in Truth . . . indicate weakness instead of strength. MARY BAKER G. EDDY.

All our fears are needless, and not one single human hope, expectation or aspiration is half great enough or good enough or bold enough. E. ARNOLD.

Who is among you that feareth the Lord, that obeyeth the voice of His servant, that walketh in darkness, and hath no light? Let him trust in the name of the Lord, and stay upon his God. *Isa. 65:10.*

In all thy ways acknowledge Him, and He shall direct thy paths: Be not wise in thine own eyes. *Prov. 3:7.*

Commit your way to God, and trust in Him wholly, for He brings all to pass. ANON.

Let all earthly care be as nothing; welcome as blessings the evils of life; see in its sadness joy, and in its thorns a crown; for by them the hand of God is moulding you to work in His higher Kingdom. He purifies by outward fire the inward evil. He draws the heart from a world of weariness and care, to find eternal peace and rest in Him. ANON.

July 30th.

The Spirit is Truth. *I John 5:6.*

Every moment you should be inspired by the deep consciousness of the Spirit; and you should lead a life of uncompromising consecration to the highest ideals of love and service. H. W. DRESSER.

Spiritual living and blessedness are the only evidences, by which we can recognize true existence and feel the unspeakable peace which comes from an all-absorbing spiritual love. "Spirituality", indeed, "is the open gateway to heaven".

MARY BAKER G. EDDY and *Christian Science Journal*.

In pursuit of spiritual advancement there is peace.

A. DE KOVEN.

All that concerns the body, except so far as it affects the soul, is of no importance. W. T. STEAD.

Nature striveth for her own advantage, loveth leisure and bodily rest, respecteth temporal things, rejoiceth at earthly gains, sorroweth for loss, is irritated by every little injurious word; doth more willingly receive than give; she manageth everything for her own gain and profit; for every kindness she hopes to obtain either what is equal or what is better, or at least praise or favor—but not so Grace which raiseth man from the carnal to the spiritual. THOMAS À KEMPIS.

July 31st.

Thou hast afflicted me with all Thy waves. *Ps. 88:7.*

Save me, O God; for the waters are come in unto my soul. *Ps. 69:1.*

Redeem Israel out of all his troubles. *Ps. 25:22.*

Sorrow is better than laughter: for by the sadness of the countenance the heart is made better. *Eccles. 7:3.*

I can do all things through Christ which strengtheneth me. *Phil. 4:13.*

1. You are in the present situation for a purpose.
2. Cease to condemn either God or the world, either other people or yourself; cease to be distressed. For your problem is not greater than you can solve, and your burden will cease to be one when you begin to discover the rich blessing latent within it.
3. No burden could come upon you too great to bear; for your burdens, if not wholly of your own making, are at any rate fitted to the inner conditions which invited them, and those conditions are within your control.
4. As your suffering has meaning in the soul's evolution, try to think of the Divine Love as surrounding you, working within and through you and seeking your co-operation.
5. Endeavor to accord your life with that enveloping love; make its ideals your own.
6. Lay aside all fear and doubt. Trust in fullest measure.
7. Let yourself rest in the everlasting arms, in the bosom of that tender love. Believe in its power, give all problems into its care.

August 1st.

They that trust in the Lord shall be as Mount Zion, which cannot be removed. *Ps. 125:1.*

I have trusted in Thy mercy; my heart shall rejoice in Thy salvation. *Ps. 13:5.*

Whatever troubles come on you, of mind, body, or estate, from within or from without, from chance or from intent, from friends or foes—whatever your trouble be, though you be lonely, O children of the heavenly Father, be not afraid. J. H. NEWMAN.

1. Allow yourself to complain of nothing, not even of the weather.
2. Never picture yourself to yourself under any circumstances in which you are not.
3. Never compare your own lot with that of another.
4. Never allow yourself to dwell on the wish that this or that had been, or were otherwise than it was or is.
5. God Almighty loves you better and more wisely than you do yourself.
6. Never dwell on the morrow.
7. Remember that it is God's, not yours.
8. The heaviest part of sorrow often is to look forward to it. The Lord will provide.
9. If we could once realize the wisdom of the Spirit that guides us and the force which protects us, we could never again harbor a fear.
10. All our anxieties are trivial in view of the infinite provisions for our needs.

1-8 E. B. PUSEY. 9-10 C. B. NEWCOMB.

August 2nd.

Hold Thou me up, O Lord, and I shall be safe.

Heal me, and I shall be healed:

My heart is hard and parched up. Come unto me with a shower of Thy mercy.

Grace is lost from my life. [Fill me, O Lord, with Thy Spirit.]

Tumultuous work raises its din on all sides, shutting me out from beyond. Come to me, my Lord of silence, with Thy peace and Thy rest.

Desire blinds my mind with delusion and dust. O Thou Holy One, Thou Wakeful One, come with Thy light and Thy thunder. *Hos., Jer. and R.* TAGORE.

1. Lead kindly Light, amid th' encircling gloom,
Lead Thou me on.

The night is dark, and I am far from home—

Lead Thou me on.

Keep Thou my feet; I do not ask to see

The distant scene—one step's enough for me.

2. I was not ever thus, nor prayed that Thou
Shouldst lead me on.

I loved to choose and see my path; but now

Lead Thou me on.

I loved the garish day, and spite of fears,

Pride ruled my will; remember not past years.

3. So long Thy power has blessed me, sure it still
Will lead me on,

O'er moor and fen, o'er crag and torrent, till

The night is gone;

And with the morn those angel faces smile

Which I have loved long since, and lost awhile.

J. H. NEWMAN.

August 3d.

Blessed is he who is free from the names, seeking the shore of the sea of purity, and loving the melody of the dove of virtue. BAHA'O'LLAH.

He in whom the love of truth predominates, will keep himself aloof from all moorings and afloat.

R. W. EMERSON.

Whatever road I take joins the highway that leads to Thee. *Zoroastrian.*

God is no respecter of persons: but in every nation, he that feareth Him, and worketh righteousness, is accepted with him. *Acts 10:34-35.*

Pure religion and undefiled before God and the Father is this, to visit the fatherless and widows in their affliction, and to keep himself unspotted from the world. *Jas. 1:27.*

1. The Lord made some apostles, and some prophets, and some evangelists, and some pastors and teachers;
2. For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:
3. Till we all come in the unity of faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:
4. That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the slight of men, and cunning craftiness, whereby they lie in wait to deceive;
5. But speaking the truth in love, may grow up into him in all things, which is the head, even Christ.

1-5 *Eph.*

August 4th.

Return unto the Lord thy God; for thou hast fallen by thine iniquity. *Hos. 14:1.*

Let them turn every one from his evil way, and from the violence that is in their hands. Who can tell if God will turn and repent, and turn away from His fierce anger, that we perish not? *Jonah 3:8-9.*

The good Lord pardon everyone that prepareth his heart to seek God, the Lord God of his fathers, though he be not cleansed according to the purification of the sanctuary. *2 Chron. 30:19.*

O remember not against us former iniquities: let Thy tender mercies speedily prevent us: for we are brought very low. Help us, O God of our salvation, for the glory of Thy name; and deliver us, and purge away our sins, for Thy name's sake. *Ps. 79:8-9.*

Turn us again, O God, and cause Thy face to shine; and we shall be saved. *Ps. 80:3.*

He "has shown Himself as Father. He has revealed the immeasurable suffering which sin inflicts on Love. To find the Father—Heart; to cry 'Abba' in filial joy; to die to sin, and to be born to love, is to be saved". R. M. JONES.

Even now He stretches out toward you an arm, which, if you only grasp in thankful love, your faith shall strengthen while you cling; and it will be from no weakness in that arm, if you are not ere long exalted to a point of holy attainment, which at this moment you view with despair, and by and by to that region of unveiled realities where you will ask in wonder at yourself, "Wherefore did I doubt?" J. HAMILTON.

August 5th.

God hath made of one blood all nations of men to dwell on all the face of the earth, that they should seek the Lord, if haply they might feel Him, and find Him, though He is not far from every one of us: for in Him we live, and move and have our being. *Acts 17:27-28.*

God within me; God around me; God everywhere; I know nothing but God. J. TAULER.

Out of the Infinite Thought you came, back to the Infinite Thought you go, leaving that nothingness which soon your material form becomes, and soaring above the thing you once so loved. It is as an outcome of thought that man exists, and his utter dependence upon thought is an idea he would do well to more fully appreciate.

CORA LINN DANIELS.

Thy hearing is My hearing: hear thou with it. Thy sight is My sight: see thou with it. Thus mayest thou attest within thyself My holiness, that I may attest within Myself a place of exaltation for thee. BAHA'O'LLAH.

1. To be conscious of being absolutely enveloped by God is not an act of mere concentration of mind, it must be the aim of our whole life.
2. In all our thoughts and deeds we must be conscious of the Infinite.
3. Let the realization of this truth become easier every day of our life, that none could live or move if the energy of the all-pervading joy did not fill the sky.
4. In all our actions let us feel that impetus of the infinite energy and be glad.

1-4 R. TAGORE.

August 6th.

You are to enjoy and spread joy. CORA LINN DANIELS.

1. We are here "to have leisure to love things pure and beautiful, to be kind and good, patient and serene".
2. There should "be an inward happiness", flowing "out to all one's circle".
3. "The one thing to fear and dread" is "harsh, censorious, grim respectability".
4. "Life" is "to be a smiling, joyful, leisurely, kindly thing; not grave, or preoccupied or sorrowful".
5. "Grief, pain, loss, disappointment, anxiety" are "to be met in the same untroubled spirit, as things which . . . come to an end, and yet" has "each a gift to offer".
6. "The native air of the spirit" is "to be a calm and living joy, meeting all with the same eager interest and sympathy, not expecting all to be perfect, and yet amused rather than vexed at their imperfections".
7. "One" is "to regard even sin as a sign, that the sinner had not perceived where happiness lay", is "grasping at something feverish, greedy, unsatisfying, and must learn the truth by delay and weariness".
8. "One cannot, soaked as one is by habits, faults, fears, desires, rise into perfect joy"; but "if one desires to be different, one becomes different".

1-8 A. C. BENSON.

August 7th.

Fear God and give glory to Him. *Rev. 14:7.*

O Lord, how great are Thy works and Thy thoughts are very deep. A brutish man knoweth not, neither doth a fool understand this. *Ps. 92:5-6.*

Great and marvellous are Thy works, Lord God Almighty; just and true are Thy ways, Thou King of saints.

Who shall not fear Thee, O Lord, and glorify Thy name?

For Thou only art holy: for all nations shall come and worship before Thee; for Thy judgments are made manifest. *Rev. 15:3-4.*

1. Ascribe ye greatness unto our God. He is the Rock,
His work is perfect.
2. For all His ways are judgment.
3. A God of truth and without iniquity, just and right
is He.
4. He is a Power, infinite in resources, incomprehensible.
5. There is no power apart from God.
6. And there is naught but what celebrates His praise.
7. For "who is so great a God as our God!" unchangeable,
all-wise, all-just, all-merciful; the ever-loving, ever-
living Life, Truth, Love:
8. Comforting such as mourn, opening the prison doors
to the captive, . . . pitying with more than a father's
pity; healing the sick, cleansing the leper, raising the
dead, saving sinners.
9. As we think thereon, man's true sense is filled with
peace, and power.

1-3 *Deut.* 5 MARY BAKER G. EDDY. 6 *Koran.* 7-9 MARY BAKER G. EDDY.

August 8th.

Put love and faith and hope and joy into every action and every thought. E. TOWNE.

We “live in misery, which is the natural, necessary result of the absence of God, who is Love”.

But blessing above blessing it is, when the God of Love dwells in the soul, killing every root of bitterness, which is the pain and torment of every earthly, selfish love.

For all wants are satisfied, all disorders of nature are removed, no life is any longer a burden, every day is a day of peace, everything you meet becomes a help to you, when everything you say or do is all done in the sweet, gentle element of love. W. T. STEAD and W. LAW.

1. O children of men! Since you were all created from the same substance, you must be as one soul, walking with the same feet, eating with one mouth and living in one land.
2. You must all be of one mind, having compassion one of another, loving, pitiful, courteous:
3. Not rendering evil for evil, or railing for railing; but contrariwise blessing.
4. Knowing that you are thereunto called that you should inherit a blessing.
5. For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak not guile;
6. Let him eschew evil, and do good; let him seek peace, and ensue it.

August 9th.

Where love is there is all. Give yourself up to Infinite Love, and you will hear all and understand all. FENELON.

Take away love and benevolence, and you take away all the joy of life. ROMAN.

It is more blessed to love than to be loved. God is Love, and to love means to reflect God. W. F. GROSS.

Love is the test, Love is the standard, Love is the metewand of all that is divine. W. T. STEAD.

1. Love is the mystery of the appearance of God;
2. Love is the divine aspect of God;
3. Love is spiritual grace;
4. It is the light of the Kingdom;
5. It is the breath of the Holy Spirit in the spirit of man.
6. Love is the cause of the manifestation of truth in the material world.
7. Love is the essential bond of union between God and all things in their ultimate reality.
8. Love is the source of the greatest happiness of the material and the spiritual worlds.
9. Love is the light by which man is guided in the midst of darkness.
10. Love is the means of growth for all who are enlightened.
11. Love is the highest law in this great universe of God.
12. Love is the cause of life.

1-12 ABDUL BAHÁ.

August 10th.

The earth, O Lord, is full of Thy mercy. *Ps.* 119:64.

Let us fall now into the hand of the Lord; for His mercies are great. *2 Sam.* 24:14.

I will heal their backsliding, I will love them freely.
Hos. 1:4.

The Lord, the Lord God, merciful and gracious, long-suffering, and abundant in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin. *Ex.* 34:6-7.

1. The Lord is good to all: and His tender mercies are over all His works.
2. The all-wise, all-loving Mind surrounds and blesses the evil and the good alike with its life and intelligence, knowing that all will gradually grow in individuality and sometime, somewhere, each and every mind will recognize from whence comes its life and power, conform to the Divine image that lies latent within [and draw nearer and nearer to God].
3. There is not one life which He ever loses out of His sight; not one which sins so that He casts it away; not one which is not so near to Him that whatever touches it touches Him with sorrow or with joy.
4. For He is gracious, full of compassion and of great mercy. Infinitely greater than human pity, is divine Love,—that cannot be unmerciful.
5. And to the soul that of God's special grace sees into the high, marvellous goodness of God, and sees that we are endlessly oned to Him in love, it is the most impossible that may be, that God should be wroth.

1 *Ps.* 2 W. DE VOE. 3 P. BROOKS. 4 *Ps.* and MARY BAKER G. EDDY.
5 ST. JULIAN OF NORWICH.

August 11th.

Fear thou not; let not thine hands be slack. The Lord thy God in the midst of thee is mighty; He will save, He will rejoice over thee with joy. *Zeph. 3:16-17.*

Flee then to God! *Koran.*

To those leaning on the sustaining infinite, to-day is big with blessings. MARY BAKER G. EDDY.

1. God is the all of love, the whole of science, the all-compassing Good.
2. His treasure is inexhaustible, His power infinite, His love immutable.
3. Be anxious, therefore, for nothing.
4. Trust Him firmly in all He does or allows, even if you are ill, or troubled, or almost in despair of any good outcome of a matter;
5. Lean hard on Him, and be not anxious about anything.
6. For you stand but tottering, if you do not cast all your anxiety upon Him.
7. What is asked us is "an unquestioning affection", a simple trust in God, "and His high and joyful intention toward man".
8. "That first, but from" this is "to flow an instant sacrifice of all ambition, all desire, all claim".
9. We are "to scheme for nothing, call nothing our own, give freely and generously, forgive everything, despair of no one, live joyfully and simply where we find ourselves placed, not regret the past, not plan the future".

1-3 H. DE BALZAC. 4 K. HILTY. 5 ANON. 6 THOMAS À KEMPIS.
7-9 A. C. BENSON.

August 12th.

The mountains shall depart, and the hills be removed; but My kindness shall not depart from thee, neither shall the covenant of My peace be removed, saith the Lord that hath mercy on thee. *Isa. 54:10.*

The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: Therefore with loving-kindness have I drawn thee. *Jer. 31:3.*

The inseparable, everlasting friend of the soul is God alone, who has loved it with an everlasting love, and who will abide with it and all of us to the end of the world.
J. TAULER.

All are submerged in the ocean of Thy mercy.

ABDUL BAHA.

If I call not Thee in my prayers, if I keep not Thee in my heart, Thy love for me still waits for my love.

R. TAGORE.

Divine wisdom has encircled all, has spread His heavenly table before us, and we must take a bountiful share of this Divine favor. ABDUL BAHA.

Herein is love, not that we loved God, but that He loved us. *I John 4:10.*

Those three words, 'God is Love' ought to contain, to every doubting soul, the solution of all things. A. CRAIG.

We are actually killed with God's kindness, we are surrounded by bounties upon bounties, without which all would fall. Should we not love it? Should we not feel buoyed up by the Eternal Arms? ANON.

August 13th.

This is the will of God, even your sanctification.

I. Thess. 4:3.

God hath not called us unto uncleanness, but unto holiness. *I Thess. 4:7.*

God does love the clean. *Koran.*

Who can say, I have made my heart clean, I am pure from my sin? *Prov. 20:9.*

The goal of human perfection here on earth is to have the Divine life so formed within us that goodness and holiness become second nature, to be holy even in our dreams. CLEMENT OF ALEXANDRIA.

A single successful effort of moral volition, such as saying 'no' to some habitual temptation, or performing some courageous act, will launch a man on a higher level of energy for days and weeks, will give him a new range of power. W. JAMES.

If thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell. *Matt. 5:29.*

O God! Sanctify us from all else save Thee; purge us from the dross of sins and transgressions and cause us to possess spiritual hearts and consciences. Make us severed from the world and void of its conditions, attracted by the fragrances of Thy holiness, free in heart, happy in soul, cheerful in mind, longing for the Kingdom of Thy Beauty, and glowing with the fire of Thy love in the world.

ABDUL BAHÁ.

August 14th.

1. And I saw a new heaven and a new earth.
2. For the first heaven and the first earth were passed away; and there was no more sea.
3. And I, John, saw the Holy City, the New Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband.
4. And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people;
5. And God Himself shall be with them, and be their God.
6. And God shall wipe away all tears from their eyes.
7. And there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain, for the former things are past away.
8. Behold, I make all things new. And He said unto me, Write: for these words are true and faithful.
9. And He said unto me, It is done. I am Alpha and Omega, the Beginning and the End. I will give unto them that are athirst of the fountain of the water of life freely.
10. They that overcome shall inherit all things; and I will be their God, and they shall be My sons.
11. And they shall see My face; and My name shall be on their foreheads.
12. And I, the Lord shall be unto them an everlasting light, and their God their glory. Their sun shall no more go down; neither shall their moon withdraw itself;
13. For the Lord shall be their everlasting light, and the days of their mourning shall be ended.

August 15th.

Ye are the temple of the living God. *II Cor. 6:16.*

If you soar in the holy atmosphere of spirit, you will see the True One so manifest above all things that you will find naught else but Him. **BAHA'O'LLAH.**

The real spiritual life is one wherein every moment is lived with a more or less vivid consciousness of what we are all existing in. It is inspired by the concrete sense of the Divine presence, the holiness of things. It grasps the greatest truth of human existence, that is, the fact that God lives with us. **H. W. DRESSER.**

Only so far as [man] relates himself to the Divine and receives of the divine energy is he calculated to achieve his purposes. This relation is effected through every uplifting of the heart to God,—in prayer, in aspiration, in thought, in love. By every means that joins the spiritual being . . . with the forces and inspirations of the spiritual world, does he receive strength and power.

L. WHITING.

The divine life by constant inflow, by sustaining love, by guiding wisdom provides all that we need; is most intimately near every pulse-beat, every thought and affection. Not for a moment do we exist without that inflow. Entering the soul in the inmost recesses, it tends to spread through our spiritual selfhood, into the fulness of the mind, into all regions of the nervous and physical systems. If we oppose it at the center by fear, doubt, impatience, self-assertion, or any of the other attitudes that impede, we close the gate at the most unfortunate place.

H. W. DRESSER.

August 16th.

God is Spirit, and they that worship Him, must worship Him in spirit and in truth. *John 4:24.*

A real spiritual connection between the True One and the servant is a luminous bounty which causes an ecstatic flame, passion and attraction.

When this connection is secured such an ecstasy and happiness become manifest in the heart that man does fly away with joy and utters melody and song.

Just as the soul brings the body in motion, so that spiritual bounty and real connection likewise moves the human soul. ABDUL BAHÁ.

The universe thrills with the joy and trembles with the bliss of the communion of the child-soul with the Father-Soul throughout eternity.

The ecstasy you have felt of pure and holy communion with God is the best reality in all existence, and will forever continue in beauty, purity, joy and uplifting, until you disappear in the celestial light whither all souls tend.

CORA LINN DANIELS.

1. O everlasting Light, dart Thou the beams of Thy brightness from above, that they may penetrate all the most inward parts of our souls.
2. Purify, rejoice, enlighten and enliven our spirits, with all the powers thereof, that we may cleave unto Thee with most exceeding joy and triumph.
3. O when will that blessed and desired hour come, that Thou mayest satisfy us with Thy Presence, and be unto us all in all?

1-3 THOMAS À KEMPIS.

August 17th.

In that day there shall be a fountain opened to the house of David and to the inhabitants of Jerusalem for sin and for uncleanness. *Zech. 13:1.*

Unto him that loved us, and washed us from our sins in his blood, and hath made us kings and priests unto God and his Father; to him be glory and dominion forever and ever. *Rev. 1:5-6.*

Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honour, and glory, and blessing. *Rev. 5:12.*

God sent His only begotten son into the world, that we might live through him. *I John 4:9.*

He came and preached peace to you which were afar off, and to them that were nigh. For through him we both have access by one spirit unto the Father. *Eph. 2:17-18.*

That he might liberally pour his dear-bought treasures into empty or sin-filled human storehouses, was the inspiration of Jesus' intense human sacrifice.

MARY BAKER G. EDDY.

All the light and love and joy of God have blossomed into the manifestation of Christ and become revealed in him.

Love became man and put on our human flesh.

J. BOEHME.

Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory. *I Pet. 1:8-9.*

If any man love not the Lord Jesus Christ, let him be anathema. *I. Cor. 16:22.*

August 18th.

Speak evil of no man. *Tit. 3:2.*

1. Breathe not the sins of any one as long as ye are sinners;
2. And judge not, that ye be not judged.
3. For with what judgment ye judge, ye shall be judged:
4. And with what measure ye mete, it shall be measured to you again.
5. No man is without fault; no man but has his burden; no man sufficient of himself; no man wise enough of himself;
6. Therefore bear with one another; comfort one another; help, instruct and admonish one another.
7. Accustom yourselves to withhold judgment in all things on which ye are not obliged to pronounce.
8. Do not backbite and criticise, voicing the mistakes and sins of others; have a sin-covering eye.
9. For God bears with imperfect beings even when they resist His goodness.
10. We ought to imitate this merciful patience and endurance.
11. It is only imperfection that complains of what is imperfect.
12. The more perfect we are the more gentle and quiet we become toward the defects of others.
13. Certainly, the most hateful characteristic of man is criticising and faultfinding;
14. One must expose the praiseworthy qualities of the souls and not their evil attributes.
15. And we can often do more for other men by correcting our own faults than by trying to correct theirs.

1 BAHÁ'O'LLAH. 2-4 *Matt.* 5-6 THOMAS À KEMPIS. 7 FENELON.
8 ABDUL BAHÁ. 9-12 FENELON. 13-14 ABDUL BAHÁ. 15 FENELON.

August 19th.

Worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh. *Phil. 3:3.*

Be filled with the Spirit; speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; giving thanks always for all things unto God and the Father.

Eph. 5:18-20.

God made known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory. *Col. 1:27.*

Good demands of man every hour, in which to work out the problem of being. Consecration to good does not lessen man's dependence on God, but heightens it.

MARY BAKER G. EDDY.

We approach God, or Life, in proportion to our spirituality, our fidelity to Truth and Love.

MARY BAKER G. EDDY.

A man cannot comprehend the Spirit before he has put aside earthly things. ABDUL BAHA.

This world is a show without reality and is a non-existence adorned in the form of existence. Do not attach your heart thereto. Do not sever yourself from your Creator and be not of those who are heedless.

BAHA'O'LLAH.

None of these things move me, neither count I my life dear unto myself, so that I might finish my course with joy. *Acts 20:24.*

God and heaven, or Life, are present, . . . now and here; and a change in human consciousness, from sin to holiness, would reveal this wonder of being.

MARY BAKER G. EDDY.

August 20th.

Rejoice not if fortune smile upon you, and if humility overtake you, mourn not because of it, for in their time, they both shall cease and be no more.

To be despondent when outward circumstances seem against you is unreasonable; for your soul lives forever, but the outward circumstances are always transient.

BAHA'O'LLAH, Author and CORA LINN DANIELS.

Be patient in time of affliction and trial; endure every difficulty and hardship with a dilated heart, attracted spirit and eloquent tongue in remembrance of the Merciful. ABDUL BAHA.

Troubled on every side, yet not distressed; perplexed, but not in despair; persecuted, but not feeling forsaken: cast down, but not destroyed; bearing about in the body the dying of the Lord Jesus Christ, that the life also of Jesus Christ be made manifest in your body. *II Cor. 4:7-8.*

Receive every inward and outward trouble, every disappointment, pain, uneasiness, temptation, darkness and desolation with both your hands, as a true opportunity and blessed occasion of dying to yourself and entering into the fellowship of the sufferings of Christ. W. LAW.

Because they have no changes, therefore they fear not God. *Ps. 55:10.*

1. Man must endure, if he would obtain treasure.
2. Unless the friends are self-sacrificing wonderful signs will not become manifest.
3. Easy living is conducive to coldness, and tranquillity and comfort causes the light to be extinguished.

1-3 ABDUL BAHA.

August 21st.

Where is God, my Maker, who giveth songs in the night? *Job 35:10.*

I, even I, am He that comforteth you: Who art thou, that thou shouldest be afraid of a man that shall die, and of the son of man which shall be made as grass;

And forgettest the Lord, thy Maker, that hath stretched forth the heavens, and laid the foundations of the earth; and hast feared continually every day because of the fury of the oppressor, as if he were ready to destroy?

Isa. 51:12.

Reduce all conduct, all life to co-operation with God.

Drop all anxiety, cease all efforts to shape things in your own way; trust wholly, at large, and in detail.

H. W. DRESSER.

Look up and be fearless, for . . . all is fair ahead and all is well. G. V. OWEN.

1. God stands waiting for you to trust and love Him, while He is ordering all things for your best.
2. For nothing is too little to be ordered by Him;
3. And nothing too big to be entrusted to Him;
4. Cleanse, therefore, your heart from doubtfulmindedness, and put on faith; trust God that He will lead you right, and that you will receive all the petitions which you ask.
5. Cast not away your confidence; but in all things have faith.

August 22nd.

I will pour upon the house of David, and upon the inhabitants of Jérusalem the spirit of grace and of supplications. *Zech. 12:10.*

O children of men! Look to His face, and turn from all save Him. For His mercy for you is ample, and cannot be ignored. His love in you exists, and cannot be concealed. **BAHA'O'LLAH.**

1. All along the line of your experiences . . . Almighty Love is working ceaselessly to manifest itself to you.
2. Through whatever you come, it overcomes, and goes with you by day and by night to show the way in which you are going steadily toward God. Nothing can thwart its mighty purpose, turn it aside, prevent it from blessing you.
3. "Even in" your "hours of darkest blindness" you "never stray out of the reach of this guiding and saving Hand", the oversight of the Divine Spirit.
4. For the Spirit is present with every soul, perfecting it. It is never absent, even from those we deem most wicked.
5. It is moving over all with its mystic inspiration every hour.
6. As one may have all the air that he is able to breathe, so may one have all the aid of the Holy Spirit which he is capable of receiving.
7. Man can never accept so gladly and so freely as God offers; but in just the proportion to which he can, increasingly, lift up his heart in response, to that degree God fills his life with a glory not of earth.

1-2 U. N. GESTEFELD. 3 A. C. BENSON. 4 H. W. DRESSER. 5 F. W. ROBERTSON. 6-7 L. WHITING.

August 23d.

Ye that love the Lord, hate evil. *Ps. 97:10.*

Hate the evil and love the good. And do that which is right and good in the sight of the Lord. *Amos and Deut.*

Follow the best of what has been sent down to you from Him. Have no ambition, affection, nor aim apart from holiness. *Koran and MARY BAKER G. EDDY.*

1. The divine must overcome the human at every point.
2. Rise in the strength of Spirit to resist all that is unlike good.
3. Never, even in a dream, be guilty of theft, adultery, drunkenness, life-slaughter and untruthfulness.
4. Never cherish a thought of which you ought to be ashamed; never utter a word for which you have to ask God's pardon; never do a thing concerning the rectitude of which you are in doubt.
5. Keep simplicity and be guileless; be as a child, that knows not the wickedness which destroys the life of men.
6. Be as a spotless lily, unsoiled by the mire in which it grows.
7. Flee youthful lusts: but follow righteousness, faith, charity, peace.
8. He whose heart is pure and good, who is without pride, is mild, persevering, simple and plain; who considers every creature as his friend, and who loves every soul as his own; who behaves uniformly to every one with kindness and love; who wishes to do good, and has abandoned vanity,—in his heart resides the Lord of life.

1-2 MARY BAKER G. EDDY. 3 BUDDHA. 4 KALI and PLINY. 5 ST. HERMAS. 6 BUDDHA. 7 *Tim.* 8 PURANA.

August 24th.

We are from Thee and we wish for naught else save Thee. Give Thou the sweets to those who have not tasted the ecstasy of love. BAHA'O'LLAH.

Woe to the soul shut up, straitened and chilled in itself, which fears everything, and which through fear and ignorance has no time to love. FENELON.

That soul is alone that is negligent of God.

ABDUL BAHA.

1. The Holy Spirit cries in us with a loud voice and without words, "Love the Love which loves you everlastingly";
2. "Pay your debt; love the Love which has loved you from all eternity."
3. O that we might find this love to God!
4. It is the love that God has for us that gives us all; but the greatest gift that He can grant us, is to give us the love that we ought to have for Him.
5. When God loves us so far as to cause us to love Him. He reigns in us; He becomes our life, our peace, our happiness, and we begin already to live His blessed life.
6. In this love there is no fear; for perfect love casteth out fear. And oh, how much better it is to love than to fear!
7. Fear constrains, fetters, perplexes one: but love persuades, comforts, inspirits, expands the soul.
8. If we, therefore, begin with a fear which subdues the flesh, we must reach out to that love which comforts the soul. And a good and faithful friend we will find in God, if we will but form a sincere, steadfast love and friendship with Him.

August 25th.

Every moment and every age, every day and every night
He comes, comes, ever comes. R. TAGORE.

Thou Self-revealing One, reveal Thyself in me.

UPANISHADS.

Speak to Him, thou, for He heareth,
And Spirit and spirit can meet.
Closer is He than breathing,
And nearer than hands and feet.

A. TENNYSON.

He is always within us as near to the heart of our being as the light is to the eye. Conscience is the witness of His continual presence; the drawing which we feel toward higher things is born in the unlost image of God. He labours unceasingly to be born in us, to bring forth His love and His spiritual Kingdom in the domain of our own spirits; that we may die to the flesh and to the narrow will of the self, become alive to the Spirit and Word of God in our soul, and enter in and participate in that eternal love with which He loves us. J. BUENDERLIN.

We are Thine. *Isa.* 63:19.

1. God mingles with humanity as the salt with the sea,
as the perfume with the flower.
2. You seek Him at a distance, not knowing that He is
near.
3. You seek Him abroad, and, behold, He is within you.
4. He is truly your own, who is not only with you and
near you, but in you.
5. But it is not enough that God is in you; you must
also be in God, that is, partake of the life of God.

1 TERTULLIAN. 2-3 St. AUGUSTINE. 4 St. BERNARD. 5 H. DENCK.

August 26th.

Be happy! Above all things be happy, and only thus be wise. ST. FRANCIS DE SALES.

The soul of man must be happy, no matter where he is.
ABDUL BAHA.

In this day no one must cry for any reason, nay, rather, we must be very happy and contented with our lot, and know of a certainty that the Lord of Hosts is with us, ready to restore our health and alleviate our burden. We must not let anything disturb the balance of our minds. Under all circumstances we must control our feeling, and curb our inclinations. We must fulfill our duty, attain to the highest station of perfection, and close our eyes to all imperfections. ABDUL BAHA.

We are here . . . to learn rather than to teach, to endure rather than to act, to be slain rather than to slay; we are tolerated in our errors and our hardness, in our conceit and our security, by the great, kindly, smiling Heart that bade us be. We can make things a little easier for ourselves and each other; but the end is not there: What we are meant to become is joyful, serene, patient, waiting momentarily upon God; we are to become, if we can, content not to be content, full of tenderness and lovingkindness for all the frail beings that, like ourselves, suffer and rejoice. A. C. BENSON.

Out of the silence and nothingness we arise; we have our short space of sight and hearing; and then in the silence we depart. But in that interval we are surrounded by much joy. . . . If we could be more calm and quiet, less anxious about the impression we produce, more quick to welcome what is glad and sweet, more simple, more contented, what a gain would be there! A. C. BENSON.

August 27th.

Deal courageously, and the Lord shall be with the good.

II Chron. 19:11.

Let us trust in God and put our confidence in Him, who is often nearest unto us when we think ourselves farthest off from Him. THOMAS À KEMPIS.

God is faithful by whom ye were called unto the fellowship of His son Jesus Christ our Lord. *I Cor. 1:9.*

Let us open our hearts; let us open them without measure, that God and His love may enter into them without measure, like a flood. Let us fear nothing in the path we are walking. God will lead us as if by the hand, provided we do not doubt, and we are more filled with His love, than with fear with reference to ourselves. FENELON.

1. Pray more and worry less. Yea, turn anxiety to prayer.
2. Fear and worry and all kindred mental states are too expensive for any person, man, woman, or child to entertain or indulge in.
3. Fear paralyzes healthy action, worry corrodes and pulls down the organism, and will finally tear it to pieces.
4. Nothing is to be gained by it, but everything to be lost.
5. Verily, "to worry is wicked". And a child of God would as soon curse as worry. It is doubting God.
6. Fearthought, worry, jealousy, distrust, and all the forms of pessimism are the sewage of thought.
7. And the mind that is full of fear, worry, hate [and other evil,] is a perennial source of disease.
8. Cheerfulness, kindness, service, love, goodness . . . make the nature expand and release the healing power.

1 D. L. MOODY and E. TOWNE. 2-4 R. W. TRINE. 5 ANON and J. WESLEY. 6-8 H. FLETCHER.

August 28th.

1. Charity suffereth long, and is kind;
2. Charity envieth not; charity vaunteth not itself, is not puffed up;
3. Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;
4. Rejoiceth not in iniquity, but rejoiceth in the truth;
5. Beareth all things, believeth all things, hopeth all things, endureth all things.
6. Charity rooteth out the love of self.
7. It practiseth the art of giving up.
8. It seeketh for others the happiness it desireth for itself.
9. Charity maketh the best construction of all things and persons; excuseth weakness, entenuateth miscarriage, forgiveth everybody, and serveth all.
10. It doth not make life hard for any;
11. But is always doing good to those around it.
12. It maketh things pleasant for others.
13. Charity is watchful for an opportunity to help.
14. It is loving to every afflicted one, a dispeller of sorrows to every grieved one, a refuge to every fearful one, a heavenly food for every destitute one, a balm to every wounded one, a consolation to dejected hearts, a blessing to unfortunate souls, a treasure to every begging one and a succor to every lamenting one.
15. Charity speaketh not evil of another.
16. It covereth all sins.
17. Charity is kind to all that liveth;
18. And it liveth only to help others.

1-5 *Cor.* 6-8 BUDDHA. 9 W. PENN. 10 R. W. EMERSON. 11 BUDDHA. 12 E. TOWNE. 14 ABDUL BAHÁ. 15 *Jas.* 16 *Prov.* 17 BUDDHA. 18 MILINDA.

August 29th.

Let him that thinketh he standeth take heed lest he fall. *I Cor. 10:12.*

We must be humble and meek, active and progressive, wideawake and thoughtful, true and sincere, noble and good, straightforward and zealous. This is the outcome of life. This is the result of ceaseless endeavor. This is the prize to be won. This is eternal life. **ABDUL BAHA.**

Verily, unless a man be elevated in spirit, freed from all creatures, and wholly united unto God, whatsoever he knoweth and whatsoever he hath, is of no great weight.

And he can only become good in so far as he becometh humble, unselfish, in all things turning from self to God.

THOMAS À KEMPIS and FENELON.

1. Whosoever exalteth himself shall be abased; and he that humbleth himself shall be exalted.
2. For God resisteth the proud, but giveth grace unto the humble.
3. Submit yourselves, therefore, to God.
4. Seek humility; let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.
5. Let, therefore, not the wise man glory in his wisdom, neither let the mighty man glory in his might; let not the rich man glory in his riches.
6. But let him that glorieth glory in this, that he understandeth and knoweth God, that He is the Lord who exerciseth loving-kindness, judgment and righteousness, in the earth: for in these things I delight, saith the Lord.

1-2 *Luke.* 3 *Jas.* 4 *Pet.* 5-6 *Jer.*

August 30th.

Your sins are forgiven for his name's sake. *I John 2:12.*

Waste no tears
Upon the blotted record of past years,
But turn the leaf and smile;
Oh, smile to see
The fair, white pages that remain for thee. ANON.

1. It brings neither peace nor strength to brood and worry over the mistakes you have made.
2. Accept their lessons, forget them, if you can, and turn your face towards the rising sun.
3. There is nothing more depressing than dwelling upon one's mistakes, upon lost opportunities or a mis-spent life.
4. Whatever your past has been, forget it: If it throws a shadow upon the present, or causes melancholy or despondency, there is nothing in it which helps you; there is no single reason why you should retain it in your memory.
5. If you would have the present full of light and joy, do not darken it with the shadows of your yester-days.
6. Be joyful, therefore, and commit yourself and all to the Lord; He will unravel the mess you made of your life.
7. He will heal all the havoc that your sins have made, and even if you have succeeded in corrupting all the energies of your body and mind, only flee confidently to Him, the Holy and Pure One, in whom is no frailty, and who loves you more than you love yourself.

1-2 ANON. 3-4 O. S. MARDEN. 5 S. GREENWOOD. 6-7 J. TAULER.

August 31st.

Faith cometh by hearing, and hearing by the word of God. *Rom. 10:17.*

Whatsoever is not of faith is sin. *Rom. 14:23.*

The just shall live by faith. *Heb. 10:38.*

God sends down His tranquillity into the hearts of the believers that they might have faith added to their faith.
Koran.

Acquiesce calmly and in the spirit of faith, and do not give ear to your own imaginations. Provided you will yield meekly, and gradually regain peace through recollection, everything will be achieved by degrees.

FENELON.

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

II Cor. 13:5.

May the communication of thy faith become effectual by the acknowledging of every good thing which is in you in Christ Jesus. *Philemon 6.*

1. Live your life in faith, not in fear.
2. We make our life complex and hard to live by departing from the great essential things of life, and living in the non-essentials.
3. All desire for real development in life must be directed toward the awakening of faith, as well as of hope and love.
4. These three are the essential attributes of the soul, and have their source in God.

September 1st.

To this man will I look, even to him that is poor and of a contrite spirit, and trembleth at my word. *Isa. 66:2.*

It is no such heinous matter to fall afflicted, as being down to lie dejected. ST. CHRYSOSTOM.

It seldom happens that one achieves anything great without having fallen into the deep mire. J. TAULER.

1. Beyond merely the sincere desire always to do that which is best in God's sight, you must further have the will to do it cheerfully;
2. You must not be depressed when you fail, but begin again a hundred times over, must hope to the end for success, must bear with yourself in your involuntary frailties as God bears, and must wait patiently for His appointed time of complete deliverance;
3. Meanwhile go on quietly and according to your strength in the path before you without losing time in looking back; always reaching forth unto those things which are before, not dwelling unprofitably upon depressing falls and hindrances; sorrowing over them, indeed, with humility, but putting them aside to press onward.
4. Despondency is not a state of humility; on the contrary, it is the vexation and despair of a cowardly pride—nothing is worse; whether we stumble or whether we fall, we must only think of rising again and going on in our course.
5. Our faults may be useful to us if they cure us of a vain confidence in ourselves, and do not deprive us of our humble and salutary confidence in God.

1-5 FENELON.

September 2nd.

The least act is the greatest and the greatest least to those who only live for good. CORA LINN DANIELS.

Just to be tender, just to be true,
Just to be glad the whole day through,
Just to be merciful, just to be mild,
Just to be trustful with faith like a child;
Just to be gentle and kind and sweet,
Just to be helpful with willing feet;
Just to be cheery when things go wrong;
Just to drive sadness away with a song,
Whether the hour is dark or bright,
Just to be loyal to good and right;
Just to believe that God knows best,
Just in His promises ever to rest—
Just to let love sound its sweetest key,
That is God's will for you and for me. ANON.

1. Do not seek the honors and loves of this world; seek rather God and His love, and then the honors and loves which belong to Him will be yours.
2. All the glory of the heavens is His, all the beauty of the flowers, the scent of the roses and the colors of the sunset.
3. But more than this, the beauty of the soul is His, so that when you look long upon His beauty, it takes many forms and reappears in your consciousness in many figures.
4. But all other beauty fades and disappears, all other honor but His becomes insignificant, all other love but His is undesirable.

1-4 ABDUL BAHÁ.

September 3d.

Every thought is a power, make it a power for good.

CORA LINN DANIELS.

One thought borne inward, one prayer uplifted, one echo of the Word within us, and our souls are forever changed. H. DE BALZAC.

Is it not true that when we are following the highest thought which comes to us, and take a firm stand in the way of obedience, the mortal thought is silenced for us.

F. VAN DER BURGH.

It is a question whether our thoughts, our fear and painful sensations, and the mental influences by which we are environed shall control us or whether we shall control them. H. W. DRESSER.

1. Projecting yourself by means of your thought, you may enter the stratum of misery and foreboding and inevitably absorb and retain the forces which that stratum of thought holds.
2. Projecting yourself by means of your thought you may enter the realm of luxurious, artistic, refined, cultivated thoughts, and instantly absorb and retain for yourself some portion of the forces of those strata.
3. Seek poverty and sorrow in your thought, and you become just so much poorer and more sorrowful in actual being.
4. Seek a successful stratum, carry will with your thought, take attention and attraction on either hand, and you enter the stratum of well-being; and the longer you exercise the forces of will, attention and attraction in this stratum, the more you absorb and retain of its beneficial sway.

1-4 CORA LINN DANIELS.

September 4th.

There is but one God, the Father, of whom are all things, and we in Him. *I Cor. 8:6.*

Verily, the Kingdom of heaven is within you, and whoever knoweth himself shall find it. Strive, therefore, to know yourselves, and ye shall be aware that ye are the sons of the Divine Father. JESUS.

You have no selfhood, really; you are you, only because God has permitted a part of Himself to enter an individual form. Your selfhood consists in being endowed with an individuality of thought different from other individualities of thought, but should He recall that endowment you would become no longer a self, but selfless in Him. CORA LINN DANIELS.

1. There is but one thing needful—that is to possess God.
2. And all our senses, all our powers of mind and soul, all our external resources, are so many ways of approaching God, so many ways of tasting and of adoring Him.
3. We must learn to detach ourselves from all that is capable of being lost, to bind ourselves absolutely only to what is absolute and eternal, and to enjoy the rest as a loan.
4. Let come what will—even death; only let us be at peace with self, let us live in the presence of God, in communion with Him, and let us leave the guidance of existence to those universal powers against whom we can do nothing.
5. As it is impossible to be outside God, the best is consciously to dwell in Him.

1-5 H. F. AMIEL.

September 5th.

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your heart to the Lord. And whatever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him. *Col. 3:16-17.*

The unhappy are always wrong; wrong in being so, wrong in saying so, wrong in needing help of others.

O. S. MARDEN.

All usefulness and all comfort may be prevented by an unkind, a sour, crabbed temper of mind,—a mind that can bear with no difference of opinion or temperament.

A spirit of faultfinding; an unsatisfied temper; a constant irritability, little inequalities in the look, the temper or manner; a brow cloudy and dissatisfied will more than neutralize all the good you can do, and render life anything but a blessing. W. BARNES.

1. Never be depressed; but be cheerful—be joyful! Never despair! Fear nothing but cowardice.
2. Cultivate hope, faith, and trust; they are the tonics of the mind.
3. To remain young, to remain a child even, in the spontaneity and tenderness of the heart; to preserve ever, not only in the outer behaviour, but in the inner life, a certain lightness, a certain elasticity—this is the best way to rule our lives.

1 ANON. and D. S. SAGER. 2 W. A. SPINNEY. 3 MME. GUYON.

September 6th.

Whatever happens at all, happens as it should.

M. AURELIUS.

Whatever may happen is good, whatever may happen is the bounty of God, the Most High. ABDUL BAHÁ.

The ways of the Lord are right; His ways are everlasting. *Hosea and Habakkuk.*

The events that befall us we shall accept as good, knowing that nothing happens without God.

The Teachings of the Apostles.

Man's goings are of the Lord, how can a man then understand his own way? Verily, he deviseth his way: but the Lord directeth his steps. *Prov. 16:9.*

God is not a man, that He should lie; neither the son of man, that He should repent: Hath He said, and shall He not do it? Or hath He spoken, and shall He not make it good? *Num. 23:19.*

1. We are living in God's spiritual universe, [where He is Ruler and Lord, and] where exactly the right thing invariably occurs at exactly the right moment.
2. Let us, therefore, try not to fear, not to worry, not to vex ourselves with forestalling the future any more than with fretting over the past.
3. Let us esteem what God wills better than what we will. To Him let us yield ourselves as servants and followers. Our pursuits, our desires, our very will must coincide with His.
4. Let us each day place our entire life into His hands.

September 7th.

Lord, for to-morrow and its needs I do not pray;
Keep me from stain of sin,—just for to-day.
Let me both diligently work and daily pray;
Let me be kind in word and deed—just for to-day;
Let me be slow to do my will—prompt to obey;
Help me to sacrifice myself—just for to-day.
Let me no wrong nor idle word unthinking say;
Set Thou a seal upon my lips—just for to-day.
So for to-morrow and its needs I do not pray;
But keep me, guide me, hold me, Lord, just for to-day.

W. WILBERFORCE.

1. You must live above the flesh in the consciousness of God's presence, ever faithful to the highest you know.
2. Every moment of existence must be a worship, every activity must be dedicated to the right.
3. If you expect to make the most of yourself, you must take yourself in hand, and, no matter how disagreeable or hard it may be, discipline yourself to do the right thing always, the wisest thing, and not let yourself off with the easy thing or allow yourself to do a thing the wrong way.
4. Daily you have to renew your purposes, and stir up yourself to greater fervor. And according to your purpose shall be the success of your profiting. Much diligence is necessary to you if you want to profit much;
5. Therefore do not seek rest during night and day and sit not tranquil for a minute; but be diligent and be faithful in everything day by day. Do to-day's duty, fight to-day's temptation, and do not weaken and distract yourself by looking forward to things which you cannot see, and could not understand, if you saw them.

1-2 H. W. DRESSER. 3 O. S. MARDEN. 4 THOMAS À KEMPIS. 5
ABDUL BAHÁ and C. KINGSLEY.

September 8th.

Every man shall bear his own burden. *Gal. 6:5.*

Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction; and many there be which go in thereat:

Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

Matt. 7:13-14.

Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap.

For he that soweth to the flesh shall of the flesh reap corruption; but he that soweth to the spirit shall of the spirit reap life everlasting. *Gal. 6:7-8.*

1. To every man God will render according to his deeds.
2. Man shall reap what he sows and obtain the fruits of what he plants.
3. For to each without partiality all things are measured according to what he is, what he thinks, and what he does.
4. Every supposed pleasure in sin will furnish more than its equivalent of pain.
5. And if we violate any law of life, then our condemnation only ceases when we cease doing wrong.
6. As to your final account take care that it shall be settled before death; undergo here your indictment and your trial; pass on yourself just sentence and punishment; then will you pass into the future without further trial, chastisement or fear.
7. For if you judge yourself, you will not be judged; for the judgment-day of wisdom comes hourly and continually.

1 *Rom.* 2 ABDUL BAHA. 3 H. W. DRESSER. 4 MARY BAKER G. EDDY. 5 C. B. PATTERSON. 6 LAMAI. 7 *Cor.* and MARY BAKER G. EDDY.

September 9th.

The cup our Father hath given, shall we not drink it and learn the lessons He teaches? MARY BAKER G. EDDY.

Every branch that beareth fruit, He purgeth it, that it may bring forth more fruit. *John 15:2.*

It became Him, for whom are all things, and by whom are all things, in bringing many sons unto glory, to make the captain of their salvation perfect through sufferings.
Heb. 2:10.

If the being, under these overwhelming circumstances, keeps a general tendency upward, aspires instead of grovels, has faith instead of yielding to scepticism, and battling along, does gradually build up a character of good, here he comes with that good, pure and simple, leaving all that went to produce it still at work, still active for others in the material world. CORA LINN DANIELS.

1. Fools, because of their transgression, and because of their iniquities, are afflicted.
2. Their soul abhorreth all manner of meat; and they draw near unto the gates of death.
3. Then they cry unto the Lord in their trouble, and He saveth them out of their distresses.
4. He sent His word, and healed them, and delivered them from their destructions.
5. Oh that men would praise the Lord for His goodness, and for His wonderful works to the children of men.
6. And let them sacrifice the sacrifice of thanksgiving, and declare His works with rejoicing.

1-6 Ps.

September 10th.

The breath of God has awakened me and the Spirit of God has quickened me and raised me from among the dead with a joyful spirit of life. ABDUL BAHA.

All the trees are without fruit except the Tree of life planted in the paradise of God. All the winds are disquieting to the soul except the breeze of God. Every benefit vanishes except the food of heaven. All the material blessings, when compared with the spiritual blessings, are as nothing. ABDUL BAHA.

All true culture has as its goal the liberation of man from the sensual gravitation which every one experiences in himself, and from selfishness. K. HILTY.

The love of the flesh is conquered by spiritual love; the desires of the flesh are extinguished by those of the spirit; and the diminution of one becomes the increase of the other. ST. JEROME.

1. I know that in me, that is, in my flesh, dwelleth no good thing: For to will is present with me; but how to perform that which is good I find not.
2. I delight in the law of God after the inward man:
3. But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.
4. O wretched man that I am!
5. Who shall deliver me from the body of this death?
6. I thank God, through Jesus Christ our Lord!
7. For the law of the spirit of life in Christ Jesus has made me free from the law of sin and death.

September 11th.

All things are yours. *I Cor. 3:21.*

Try to have a broader conception, first of God, then of law, and then of yourself. The one, eternal, is your source; the second, ever-active, is your preserver; the third, immortal, is possessed of powers that reach out and on, back to perfection, even the Father, of which it is the child. · CORA LINN DANIELS.

The one great essential in human life is to become deeply conscious of the eternal relationship, to learn its individual meaning, and then co-operate with the uplifting Spirit within, to attain peace, equanimity and health through willing service and obedience, through comprehensive thinking and many-sided development.

H. W. DRESSER.

When man once fully realizes that he is an eternal soul, the child of one loving Father of all—the eternal God—he becomes a new being, a powerful being right there and now.

And when once he can harmonize himself with that something within him which was never born and never dies, the Divine Principle which never sins, he will be really efficient and becomes perfectly happy.

Magazine of Mysteries and O. S. MARDEN.

In the highest stage man's aspiration and God's inspiration are continually exchanged with all the ease and force of natural breath. They become, in fact, the soul's vital breath, without which it cannot breathe.

J. COOKE.

September 12th.

1. Warn them that are unruly, comfort the feeble-minded, support the weak, be patient toward all men.
2. See that none render evil for evil unto any man;
3. But ever follow that which is good, both among yourselves and all men.
4. Rejoice evermore. Pray without ceasing.
5. In everything give thanks: For this is the will of God in Christ Jesus concerning you.
6. Quench not the spirit. Despise not prophesyings.
7. Prove all things; hold fast that which is good.
8. Abstain from all appearance of evil.
9. Mortify your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence and covetousness, which is idolatry;
10. For which things' sake the wrath of God cometh on the children of disobedience: In the which we also walked some time, when we lived in them.
11. But now ye also put off all these: anger, wrath, malice, blasphemy, filthy communication out of your mouth.
12. Lie not one to another, seeing that ye have put off the old man with his deeds; and have put on the new man, which is renewed in knowledge after the image of Him that created him, where Christ is all in all.
13. And the very God of peace sanctify you wholly;
14. And I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.
15. Faithful is He that calleth you, who also will do it.

1-8 *Thess.* 9-12 *Col.* 13-15 *Thess.*

September 13th.

No one shall be dissatisfied in this land of satisfaction, where every pure craving of a tender soul meets with its exquisite and divine fulfilment out of the unutterable bounty of God. CORA LINN DANIELS.

There shall be no night there; and they need no candle, neither light of the sun; for the Lord God giveth them light: and they shall reign for ever and ever. *Rev. 22:5.*

1. The episode of [this earthly life is] but a day amid days.
2. And death is simply the decay of the body, and may occur as a mere incident, while the spirit looks calmly on.
3. There is no pain in spirit. No evil of any kind, either of feeling or perception or sensation, can disturb the spirit. It is the body which is constantly disturbed and out of harmony with its environment.
4. Outside of the body there is nothing to dread. The worst there is you see right before you in the deficiencies of the senses, the physical pain, the loss of memory, the stupor which fills you with grief and anxiety.
5. In so far as the spirit escapes from all this, it is at rest.
6. And when you enter the next world "gently borne upon the current of heavenly will, you will find nothing to frighten you or render you otherwise than perfectly at ease".
7. You have no cause at all for fear, apprehension, or depression, but cause for joy and hopeful anticipation.

1-6 CORA LINN DANIELS.

September 14th.

The believers of God must not turn their faces from any difficulty. Like unto a waving sea they must be tumultuous and full of divine acclamation, and similar unto thankful birds they must be always singing the songs of love, light, and life. ABDUL BAHÁ.

The soul createth her own atmosphere, therefore her sky need never be gray. M. B. WALLACE.

Sure and beautiful stretcheth the road sunward before every child of man. Let each but realize this, and go forward in the consciousness of Divine Light upon his face and being, wrapping him in a glory of which he may become aware by simply uplifting and unfolding his soul to the heavenly radiance. M. B. WALLACE.

Whether a man be rich or poor, a good heart maketh at all times a cheerful countenance. *Ecclesiasticus.*

1. What clouds of useless anxiety and care we see in most people's lives, using up brain and nervous energy, weakening physical health, and casting despairing shadows on those with whom the soul is associated.
2. The only road to success is through the attainment of a calm and joyous mind. A calm and joyous mind, free from worry and care, is the golden key that unlocks the doors of infinite possibilities. . . . In calmness lies power.
3. No . . . effort is needed, but rather the turning of the attention towards Divine realities. . . . You should turn, because it is a joy to do so.

1-3 M. B. WALLACE.

September 15th.

1. What shall I render unto the Lord for all His benefits toward me?
2. I shall take the cup of salvation, and call upon the name of the Lord. I will praise Him with my whole heart. My tongue shall speak of His righteousness and of His praise all the day long. I will sing of His mercy and judgment: unto the Lord will I sing.
3. O come, all ye people, let us sing unto the Lord: let us make a joyful noise to the Rock of our salvation. Let us come before His presence with thanksgiving, and make a joyful noise unto Him with psalms. For the Lord is a great God, and a great king above all gods.
4. Give unto Him the glory due unto His name; worship the Lord in the beauty of holiness. Praise ye the Lord: for it is good to sing praises unto our God; for it is pleasant. Make a joyful noise unto the Lord. Serve the Lord with gladness. Come before His presence with singing.
5. Know ye the Lord, He is God: It is He that hath made us, and not we ourselves. We are His people, and the sheep of His pasture.
6. Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His name. For the Lord is good; His mercy is everlasting; and His truth endureth to all generations.
7. Praise, therefore, the Lord for His goodness, and for His wonderful works to the children of men.
8. Yea, bless the Lord your God forever and ever. For blessed is His glorious name, which is exalted above all blessing and praise.

September 16th.

The Spirit and the Bride say, Come, and let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.
Rev. 22:17.

It is His will and counsel that we hold us with Him, and fasten us to Him evermore, in what state soever we be; for whether we are foul or clean, we are all one in His loving. ST. JULIAN OF NORWICH.

Woe unto him who disbelieved the grace of God and His bounty, His mercy and His power. BAHÁ'O'LLAH.

We trust in the living God, who is the Saviour of all men, specially of those that believe. *I Tim. 4:10.*

He that trusteth in the Lord, mercy shall compass him about. *Ps. 32:10.*

The source of all good is trust in the Lord, obedience to His command, and satisfaction in His will.
BAHÁ'O'LLAH.

Attainment is not through renunciation but through radiant acquiescence. ABDUL BAHÁ.

All things are possible to him that believeth.
Mark 9:23.

Again and again, in one's extremity, when life's burden seems too hard, and one knows not where to look for help, nor how to rise above trouble, there is one wisest and most effective method, namely, to realize that the power which brought us here will see us through. Trust! Trust! is the word. There is a wisdom which will, which must guide to the end, since it has never failed us yet.

H. W. DRESSER.

September 17th.

Seeing you have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that you love one another with a pure heart fervently.

Being born again, not of corruptible seed, but of incorruptible, by the Word of God, which liveth and abideth forever. *I Pet. 1:22, 23.*

Let love become the ruling power in you all, so that you may be as fountains flowing from one source, stars beaming with one life, myrtles verdant and flourishing by the abundance of one rain. By this your hearts will be purified, your consciences illumined, your souls made clear, your banners hoisted, and you will become signs of guidance. **ABDUL BAHA.**

We have but to enter by the gate of love to know God and have abundant life. **C. B. PATTERSON.**

1. God is Love; and those who love are living in God.
2. And where love is God is.
3. Sin consists in living without God; that is to say without love.
4. If you would be as God, love!
5. Everything you love is a step toward heaven.
6. Everything you dislike so as to make you incapable of loving any one, takes you down the steps away from Him.

1-6 W. T. STEAD.

September 18th.

Zion said, the Lord hath forsaken me, and my Lord hath forgotten me. Can a woman forget her sucking child? Yea, they may forget, yet will I not forget thee? Behold, I have graven thee upon the palms of My hands, saith the Lord, my Redeemer. *Isa. 49:15.*

I know the thoughts that I think towards thee, thoughts of peace, and not of evil, to give thee an expected end.
Jer. 29:11.

Think, realize, until you have a measure of unborrowed conviction, which establishes a center of repose, which never harbors fear or doubt, no matter what the wavering self may say; a center which rests at last on the love of God. H. W. DRESSER.

1. God is a God of love, from Him is life and all. And He who loved us into life, He is a Father, infinitely fatherly.
2. He is a God of hope: a God who fills the soul and heart which He favors: a God who makes us feel within ourselves our wretchedness and His own infinite mercy: who fills us with humility, gladness, hope and love: who makes us unfit for anything but Himself.
3. His love and His gifts are in such profusion as to rush like a torrent, overflow as a sea, and shower as rain.
4. In Him let us trust and rely on His love and His bounty, which is flowing like currents of water, raining like the clouds, and brilliant like unto the lights.
5. O brother! He who has seen that radiance of love and is partaking of that bounty, he is saved.

September 19th.

Ye shall walk after the Lord your God, and fear Him, and keep His commandments, and obey His voice, and ye shall serve Him, and cleave unto Him. *Deut. 13:4.*

Whosoever shall do the will of my Father which is in heaven, the same is my brother and sister and mother. *Matt. 12:50.*

God's will is in the laws which He has so beneficently established, and He gave you your will to use upon those laws, with all intelligence, for your own benefit.

CORA LINN DANIELS.

Let us obey, dedicating ourselves entirely to God. And let no thought or mention remain in us save the name of our supreme Lord. ABDUL BAHA.

Let us strive and wrestle with all our might to obey God and His commandments so thoroughly at all times and in all things, that in us there be nothing, spiritual or natural, which opposes God; and that our whole soul and body with all their members may stand ready and willing for that to which God has created us.

Theologia Germanica.

We give up many indulgences for conscience' sake, and stop short at that point of entire faithfulness wherein conscience could reward us. If we would but give ourselves wholly to God—give up for the present and the future every act, and above all, every thought and every feeling, to be all purified to the uttermost and rendered the best, noblest, holiest we can conceive—then would sacrifice bear with it a peace rendering itself far easier than before. F. B. COBBE.

So dear, so due, to God is *obedience*.

MARY BAKER G. EDDY.

September 20th.

God is our Lord. He is the best of helpers. *Koran.*

His gifts to us mortals fulfil all our needs. R. TAGORE.

The Lord of peace Himself give you peace always by all means. *II Thess. 3:16.*

My people have committed two evils; they have forsaken Me, the fountain of living waters, and hewed them out cisterns, broken cisterns that can hold no water.

Jer. 2:13.

1. Let us be still; let us know His love and indwelling presence.
2. Let us test it fully, and learn what it will do for us if we never worry, never fear, never reach out, away from this present life.
3. Let us absorb from His love, for our spirits need daily nourishment.
4. Silently and unobserved, the Spirit will breathe upon us if we reflect, if we wait for it in stillness day by day.
5. It will not come if we doubt, if we fear, or if our thought is too active.
6. It comes, we hardly know how, if we trust.
7. All it asks is receptive listening. Then all that an unselfish human being would wisely ask is ours.
8. It steals into our consciousness when we think deeply, to guide, to strengthen, to encourage.
9. The Spirit is the Supreme Reality, we live in it, and with it, and there is naught to separate us from its ever-watchful care, its overflowing presence.

1-9 H. W. DRESSER.

September 21st.

The Kingdom of God is at hand: Repent, therefore, and believe the Glad Tidings. *Mark 1:15.*

Repent and turn to God, and do works meet for repentance. *Acts 3:19.*

Amend your ways and your doings. *Jer. 7:3.*

The sacrifices of God are a broken spirit: a broken and a contrite heart He will not despise. *Ps. 51:17.*

He is nigh unto them that are of a broken heart; and saves such as be of a contrite spirit. *Ps. 34:18.*

1. Do not despair of God's goodness to you, under any circumstance.
2. And if you are really repentant, do not hold on to the burden of an evil conscience; such a burden is bad and blameworthy, and it is your duty at once to cast it away.
3. For, verily, if God finds you a willing receiver, He will forget your past—for God is God of the present.
4. As you are you will be treated.
5. He looks only to the present state of our heart.
6. And why should I constantly weaken myself "by regretful recollections of the imperfect yesterday or anxious anticipation of the uncertain morrow"?
7. I will concentrate all my energies upon the passing hour, and thus will atonement be made for the past and grace developed for the future.
8. To-day I live—the grief of yesterday is passed; to-day I triumph; to-morrow shall find me still a victor.

September 22nd.

Thy statutes have been my songs in the house of my pilgrimage. *Ps. 119:54.*

Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. *Matt. 4:4.*

Be not carried about with divers and strange doctrines. For it is a good thing that the heart be established with grace. *Heb. 13:9.*

Far off is the time when man will “know the Truth, the whole Truth, and nothing but the Truth. The earth will be without form and void before” he will know it.

CORA LINN DANIELS.

Knowledge is a growth, and the desire for knowledge is an outgrowth of that growth. Ambition for perfection is the flower of the growth of that growth, and not every one attains it in a thousand years. CORA LINN DANIELS.

1. We have strength in proportion to our apprehension of the truth.
2. It is through Truth that God acts upon the human mind, and through Truth that He helps and makes perfect.
3. “It is”, therefore, “in vain in times of trouble to let our mind run out after help”;
4. We have to sit still, and feel after our principles of Truth, which should furnish us with at least somewhat of a stay and prop;
5. And “self-mastery is not with struggles and fears and efforts”, it is by knowledge of Truth.

September 23d.

Turn you to the stronghold, ye prisoners of hope.

Zech. 9:12.

Look always to God for aid and not to frail human nature. ABDUL BAHÁ.

Even to your old age I am He; and even to hoar hairs will I carry you: I have made and I will bear; even I will carry, and will deliver you. *Isa. 46:4.*

Behold, the Lord's hand is not shortened, that it cannot save; neither His ear heavy, that it cannot hear: But your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear. *Isa. 59:1, 2.*

O Israel, thou hast destroyed thyself; but in Me is thine help. *Hos. 13:9.*

Let Israel hope in the Lord: for with the Lord there is mercy, and with Him is plenteous redemption. And He shall redeem Israel from all his iniquities. *Ps. 130:7, 8.*

The Lord upholdeth all that fall, and raiseth up all those that be bowed down. *Ps. 145:14.*

The Lord their God shall save them in that day as the flock of His people: for they shall be as the stones of a crown. For how great is His goodness, and how great is His beauty. *Zech. 9:16, 17.*

Truly perceive that the forces of God-Good are with you, supporting and sustaining you every moment. Learn to lean upon Him; cease to think of yourself, your power or lack of power. Keep receptive, open to the good, the true. Calm confidence will come.

Magazine of Mysteries.

September 24th.

The effectual, fervent prayer of a righteous man avails much. *Jas. 5:16.*

I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting. *I Tim. 2:8.*

Give yourself unto prayer;

And with a heart overflowing with the love of God supplicate to God with all joy, and thank for His guidance, His wonderful bestowals and high gifts.

Ps. and ABDUL BAHA.

Prayer is the laying hold of the power and presence of God, Spirit. *ANON.*

The habitual struggle to be always good is unceasing prayer. *MARY BAKER G. EDDY.*

To pray to God is to listen to God, and His voice is to be listened for in the impulses of our own souls, which come to us in those secret hours in which His presence excludes from our consciousness all other presences.

L. ABBOTT.

1. Every soul which aspires to God as the chief end and aim of existence; every soul which loves God deeply, constantly and fervently, calls to itself, holds and commands invisible powers and harmonies of which its earthbound imagination cannot dream.
2. Every fervent prayer for light, for truth, for righteousness, is an unconscious willing of forces which make for the causes you advocate.

1-2 *CORA LINN DANIELS.*

September 25th.

There is no death. All, all is life. M. B. WALLACE.

There is nothing to fear; nothing to lose and all to gain.
ANON.

Why should you fear to yield your breath to Him that is the Lord of death? Why should you dislike to relinquish this life of the world which is nothing but a sport and a play? Is not the abode of the next world the true home? *Koran.*

Human life is . . . a little toy, and if our friends die, we may feel that they have only broken a bauble—to enter into the jewel life of princes. CORA LINN DANIELS.

Behold, I create a new heaven and a new earth; and the former shall not be remembered, nor come into mind. But be ye glad and rejoice forever in that which I create: For, behold, I create Jerusalem a rejoicing, and her people a joy. *Isa. 65:17, 18.*

The ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads. They shall attain joy and gladness, and sorrow and sighing shall flee away. *Isa. 35:10.*

Men and women of riper years and larger lessons ought to ripen into health and immortality, instead of lapsing into darkness or gloom. Immortal Mind feeds the body with supernal freshness and fairness, supplying it with beautiful images of thought and destroying the woes of sense. MARY BAKER G. EDDY.

September 26th.

The joyfulness of a man is length of days. Love your own soul, and comfort your heart: and remove sorrow far from you. For sorrow hath destroyed many, and there is no profit therein; while care bringeth old age before the time. *Ecclesiasticus.*

It is not only your right, it is your duty to enjoy and be happy. J. HINTON.

1. Yield not to sadness, because it is the enemy of devotion. Sin alone should ever give us unhappiness and annoyance, and even then a joy and holy consolation should be mingled with the pain with which sin affects us.
2. It is in happiness that true life lies—in sorrow we but endure, waiting to live again. Happiness is natural and right. Nothing but our lack of reason or our lack of love, can hurt our interior happiness.
3. To maintain this happiness, inward calmness and freedom let us put aside all useless reflections on the past, whether of regret or self-complacency; and when we have accomplished one duty, let us go steadily on with the next, confining our attention entirely to the one thing God gives us to do, and not forestalling difficulties for the future any more than entertaining regrets for the past.
4. We must be cheerful, easy and affable—no shyness and awkwardness. Let us ask God to change our shrinking, reserved manner; let us not be dreamy and absent in society because we are secretly trying to realize God's presence. Rather let us do what He requires of us at the actual moment, that is, let us be kindly and courteous.

September 27th.

Incline thy heart unto the Lord, and seek Him;

For if thou shalt seek the Lord, thy God, thou shalt find Him, if thou seek Him with all thy heart and with all thy soul. *Josh. and Deut.*

Purify thyself from all else save Him, so that thou mayest sacrifice thy soul in His love.

If thou lovest Him, turn away from thyself;

If His will thou seekest, regard not thine own, that thou mayest die in Him, and He live in thee. *BAHA'O'LLAH.*

My son, forsake thyself, and thou shalt find Me.

THOMAS À KEMPIS.

Perfect love is perfect trust.

It is our repose, our joy, and our life; while self-love is constant weariness, sadness and a living death of our true selves. *JAMES ALLEN and ST. CATHERINE OF GENOA.*

Seek ye Me and ye shall live. *Amos 5:4.*

1. Everything may be made a daily act of love to God:
2. That headache, that toothache, that cold, that ill-humor of husband or wife, that breakage of a piece of china, that affront received, that loss of a glove, a ring, or a handkerchief; that slight inconvenience of having to go to bed early, or of getting up betimes—
3. All these little annoyances, if borne with meekness and love, are well-pleasing to God.
4. And as these slight occasions occur every moment, we have so many opportunities, if we well employ them, of laying up for ourselves spiritual treasures.

September 28th.

The anointing which ye have received of Him abideth in you. *I John 2:27.*

Heaven penetrates to the depths of all hearts, as day-break illumines the darkest room. And we should strive to reflect its light. CHINESE.

Divine Love will so illumine the human consciousness that God and the spiritual idea will become to us more real than anything material which we ever saw. R. NALL.

The supreme reality in the universe is spirit.

R. H. LOTZE.

Only the spirit is real; everything else is as shadow.

ABDUL BAHA.

Material is only the expression of the spiritual.

CORA LINN DANIELS.

The matter in which [we] are immersed is a vapour, a mere phantasm of the mind, which vanishes away and is not. Spirit alone is, whether in the body or out of the body. W. T. STEAD.

1. Thou shalt have no intelligence, no life, no substance, no truth, no love, but that which is spiritual.
2. Thou shalt love Spirit only, not its opposite, in every God-quality, even in substance;
3. Thou shalt recognize thyself as God's spiritual child only.
4. The eternal and infinite, . . . so grow upon my vision that I cannot feel justified in turning aside for one hour from contemplation of them and of the faith unfeigned.

1-4 MARY BAKER G. EDDY.

September 29th.

1. Divine Love corrects and governs man. And directs his experiences.
2. Experience is the one thing we all of us want; it is for that we are here; and we must not sort and select it.
3. The strife, the censure, the annoyance which takes the heart out of one, the necessity of yielding and compromising, the fear of pain and sorrow, the failure, the blunder, the loss, [they are necessary]—these are the things which [clean up,] purify and strengthen.
4. Everything that God gives us is needed; and there is no dispensation, though afflictive, but either in it, or after it, we will find that we could not be without it.
5. We must have trials and self-denials, as well as joys and victories, until all error is destroyed.
6. “Everything”, therefore, “which occurs to us is precisely that condition of things which is best suited to try and to benefit our own state”.
7. All the pains you suffer or have suffered, are as prods and pokes to keep you out of wrong paths—to make you follow the law. Trial and perplexity teach one the wiser meanings of life, and the way to speed their departure is to grasp the meaning as swiftly as possible.
8. And by wiser conduct we at last solve the problem of suffering. We may be sure there is deliverance from every unfavorable condition of our lives when we have fitted ourselves to accept it.

1 MARY BAKER G. EDDY and AUTHOR. 2-3 A. C. BENSON. 4 G. ELIOT.
5 MARY BAKER G. EDDY. 6 F. W. UPHAM. 7 P. MULFORD and
L. WHITING. 8 H. W. DRESSER and C. B. NEWCOMB.

September 30th.

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. *II Tim. 1:7.*

In Thee, O Lord, do I put my trust; let me never be put to confusion. I flee unto Thee to hide me. *Ps. 71:1.*

It is incumbent upon you to expose yourselves to the fragrances of God at every time and moment.

ABDUL BAHÁ.

Consider how the radiance of the light of the Holy Spirit does illumine the court of the soul, that it brings about spiritual discoveries and produces merciful attachment. The essential meeting is that spiritual attachment or union and heartfelt feelings: when this gift becomes manifest, heavenly bounties will be attained and hopes shall be fulfilled. ABDUL BAHÁ.

1. Go on in all simplicity; do not be so anxious to win a quiet mind, and it will be all the quieter.
2. Do not examine so closely into the progress of your soul.
3. Do not crave so much to be perfect, but let your spiritual life be formed by your duties, and by the actions which are called forth by circumstances.
4. Do not take overmuch thought for to-morrow.
5. God, who has led you safely on so far, will lead you on to the end.
6. Be altogether at rest in the loving, holy confidence which you ought to have in His heavenly providence.

1-6 ST. FRANCIS DE SALES.

October 1st.

The matter of the universe is plastic to the power of thought. M. B. WALLACE.

Thought is the frame-work upon which all outward things are constructed. . . . Realize your divine power. Use it with thankfulness and awe. M. B. WALLACE.

All that we can wisely do is merely to affirm great truths and inspiring ideas, to live in their high and broad vision, to make them the atmosphere of our life—and then let the subconscious self work them out as it will.

O. HUCKEL.

It is a good plan constantly to furnish the mind with some high thought; every day we should give the mind this shield of good thought. This fixed in the mind by a few recitations, will recur to the mind again and again during the day, and will be found repeating itself in the mind, whenever the mind is disengaged. ANON.

The dissemination of high thoughts is the motive power in the arteries of this transitory world, yea, it is the soul of all peoples. Thoughts are infinite as the sea and the ways and manners of life are like embankments and dykes against the waves; and not until the sea moves do the waves rise up and cast on shore the pearls of wisdom.

ABDUL BAHA.

Man's being is modified by every thought he thinks. Every experience affects his character. Every effort he makes changes his mentality. To live is to think and act, and to think and act is to change. What the sum-total of a man's thoughts are, that he is. JAMES ALLEN.

October 2nd.

Precious in the sight of the Lord is the death of His saints. *Ps. 116:15.*

The most beautiful thing about a life near to its close is its repose of soul, that abounding peace, which nothing can shake any longer, and which has fought it out with God and men, and has prevailed. *K. HILTY.*

Age is not all decay; it is the ripening, the swelling of the fresh life within, that withers and bursts the husk.

G. MACDONALD.

It is only by dying to other things that we are fitted for physical death. *FENELON.*

Looking heavenward, men lose sight of the unreal, death is not even a shadow. They see and know nothing save the great realities—Life, Love, and Truth, which are in all and are all. *E. TOWNE.*

There is no death; what seems so is transition.

H. W. LONGFELLOW.

The tomb is but the gateway to an eternity of opportunity. *ANON.*

1. Death is life—the only life, the way to life. Proclaim it and prepare for this life [that is coming].
2. Learn to love the eternal beauty which never grows old, and ever prevents those from growing old who love nothing but itself.
3. As the physical and material, the transient sense of beauty fades, the radiance of Spirit should dawn upon the enraptured sense with bright and imperishable glories.

1 CORA LINN DANIELS. 2 FENELON. 3 MARY BAKER G. EDDY.

October 3d.

O Lord, Thou art our Father; we are the clay, and Thou art our potter; and we all are the work of Thy hand.

Isa. 64:8.

God is my life. MARY BAKER G. EDDY.

O ye who seek to solve the knot!
 Ye live in God, yet know Him not.
 Ye sit upon the river's brink,
 Yet crave in vain a drop to drink.
 Ye dwell beside a countless store,
 Yet perish hungry at the door. SUFI.

What heart can comprehend His name,
 Or searching find Him out,
 Who is within a quickening flame,
 A presence round about? ANON.

1. I, too, am a part of Him.
2. In the midst of Infinite Spirit my finite spirit rests.
3. That touches me on all sides.
4. It is in absolute contact with me with no smallest interval between the spirit of Father and the spirit of child.
5. Small wonder, then, that the joy-tides of the Infinite Heart should cause respondent waves of hope and love in me, when His eternal life and my life meet and blend at every point;
6. Small wonder that the cry of my grief is heard by Him, when His ear is so close that the smallest whisper must needs be heard.

1 E. WILDER.

October 4th.

Do thou seek refuge in God, He both hears and looks.
KORAN.

Pessimism and despair often rush in, if you do not check them by some happy thought. H. W. DRESSER.

Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows. *Ps. 127:1, 2.*

1. You must not cast about for ways and means: life is like a sunshiny, warm day;
2. Our part is to breathe and feel and thank God.
3. And a cardinal rule of your life must be to live exclusively in the present moment, without casting a look beyond. For there is no cause for worry and fear.
4. See, how many a beast cannot carry its own provision.
5. God provides and cares for it and for you.
6. Speaking and acting, therefore, in the sincere belief that there is no God except Him, you should trust Him more than the world or money or father or mother or any one on the face of the earth.
7. All the shadows, all the doubts and fears, and all the suggestions of poverty and failure you should erase from your mind. And you should expect always that the best will happen to you instead of the worst.

1-2 F. L. WARNER. 3 FENELON. 4-5 *Koran*. 6 SHAQIQ. 7 O. S. MARDEN.

October 5th.

The king's daughter is all glorious within. *Ps. 45:13.*

1. We all must be purified and made strong—either by meeting and overcoming temptation, or by meeting it and falling before it. Failure sometimes teaches us more than victory.
2. Nothing is meaningless. What we need comes to us, if not in one way then in another, and all works together for good.
3. There is no such thing as standing still, or, for that matter, of going back—except as the arrow is drawn back, perhaps, that it may go more surely and swiftly.
4. Life is destined to be for all a growth and a daily adaptation of knowledge; a repression of the earthly; a development of the spiritual and heavenly; a continual struggle with self, and a perpetual reaching out after Divine beauty.
5. The goal is to become ourselves as beautiful as the Beauty which we have touched and entered, and to be made bright and luminous ourselves in communion with the real light. For we can be changed into something better than ourselves; the eye, purged of all discoloring stain, can see God, the Archetype of all beauty and of all reality.
6. And flying from brightness to brightness, aspiring with outstretched arms the spirit can reach the immortal pattern of all reality in Christ according to which it was created.

1-3 C. B. PATTERSON. 4 ANON. 5 ST. GREGORY OF NYSSA. 6 J. RUYSBROECK.

October 6th.

It is well never to lose an opportunity of seeing anything that is beautiful; for beauty is God's handwriting.

Let us welcome it in every fair face, in every fair sky, in every fair flower, and thank God for it as a cup of blessing, a source of joy and uplifting.

And let us trust and rejoice, for the heart, which has received so much, shall it not trust the power by which it lives? R. W. EMERSON.

A merry heart maketh a cheerful countenance: But by the sorrow of the heart the spirit is broken. *Prov. 15:13.*

1. Verily, "no one has any moral right to go about the world in a state of gloom, carrying with him a bitter, repellent atmosphere. Life is given to be glad in; to use worthily; to make the most of ourselves and for others. To be pleasant, to be agreeable and responsive and cheerful and uplifting is", therefore, "an important part of the personal duties of life".
2. Grief, disappointment, discouragement, excitability, moroseness, the negative attitude, have to be given up; and the opposite states have to be cultivated in every case.
3. We have to live in perpetual sunshine; in fact, we have to be sunshine; we have to live in perpetual happiness; and we can, when we learn to look at life from the proper point of view.
4. If we continue to feel mean, ugly, miserable, or disgusted, we will finally look these things. If we continue to feel any desirable quality, that quality will become a living power in our nature.

October 7th.

You fear God more than you love Him! FENELON.

By love God may be gotten and holden, but by thought never. PLOTINUS.

The good which you cannot do to God, because He has need of nothing, you should do to your neighbor for the love of God. ST. IGNATIUS.

The light of the love of God shines in the lamp of the hearts of those who know God.

The fruit of human existence is the love of God; for this love is the spirit of life, and the eternal bounty.

ABDUL BAHA.

You are made to find your rest only in God. As the eye craves light and the ear sound, your higher nature sighs for God. God alone can satisfy the soul. It needs His infinite love and unclouded light to meet its longing.

C. GEIKIE.

1. Hear, O Israel: The Lord our God is the One Being;
2. And thou shalt love the Lord, thy God, with all thine heart, and with all thy soul, with all thy mind, and with all thy strength.
3. And these words which I command thee this day, shall be in thine heart:
4. And thou shalt teach them diligently unto thy children.
5. And shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

1-5 *Deut.*

October 8th.

I know not what the future hath
Of marvel and surprise,
Assured alone that life and death
His mercies underlies.

J. G. WHITTIER.

1. God gives you His spiritual ideas, and in turn, they give you daily supplies. Never ask for to-morrow:
2. It is enough that divine Love is an ever-present help;
3. And if you wait, never doubting, you will have all you need every moment.
4. What a glorious inheritance is given to us through the understanding of omnipresent Love! More we cannot ask: more we do not want: more we cannot have.
5. This sweet assurance is the "Peace, be still" to all human fears, to suffering of every sort.
6. For, if God is Love, what have we to fear?
7. We know "that an infinite sea of love is all about" us, "throbbing through" us;
8. "Everlasting arms of affection lift" us, and we bathe ourselves "in the clear consciousness of a Father's love".
9. His "tenderness is so perfect and all-embracing that there is no room to doubt or fret";
10. "If He seems to be severe or indifferent", He "is only so because He has waited so long and has so long to wait";
11. His "design is so vast, so incredibly joyful, so speechlessly serene, that the doubts and griefs and sorrows of all the men and women that have ever lived are but as the trivial ripple on a mighty ocean of peace".

1-5 MARY BAKER G. EDDY. 7-8 H. W. WARREN. 9-11 A. C. BENSON.

October 9th.

To God be resigned. *Koran.*

Examine your own will, and let the law of God only be within you. ANON.

Be silent before God, and let Him mould thee. ANON.

Set a watch over yourself and all that belongs to you within and without, and so direct, govern and guard your heart, as far as in you lies, that neither will nor desire, love nor longing, opinion nor thought, shall spring up in your heart, or have any abiding place in you, save such as are meet for God. *Theologia Germanica.*

O son of man! If thou run through all immensity and speed through the space of heaven, thou shalt find no rest save in obedience to God's command and in devotion before His face. BAHÁ'O'LLAH.

The Father hath not left me alone; for I do always those things that please Him. *John 8:29.*

1. All things do for God and in His name; whether you eat or whether you drink, whether you sleep or whether you amuse yourself, whether you command or whether you obey—do everything because God wills you to do it.
2. Be ever ready to do the Father's will, to go wherever the Spirit leads. Be ready to yield all to possess all.
3. And do not move in your own wisdom, but in the light of God, as it shines from within in a sanctified judgment, and as it is increased from without by His divine providence.

1 ST. FRANCIS DE SALES. 2 H. W. DRESSER. 3 MME. GUYON.

October 10th.

There falls not a leaf save that God knows it. *Koran.*

Are not two sparrows sold for a farthing? And one of them shall not fall on the ground without your Father;

But the very hairs of your head are all numbered; fear not, therefore, you are of more value than many sparrows. *Matt. 10:29-31.*

Despair as much as you please of yourself, but not of God. FENELON.

Depend upon Him, be sincere and sever yourself from all else save Him. ABDUL BAHÁ.

1. There is no remover of difficulties but God. Praise be to God!
2. And whoso fears Him shall not be afraid, and shall not play the coward: for He is his hope.
3. Why are you, then, afraid? O man of little faith?
4. Is not God yet more powerful than you are powerless?
5. Fear nothing save mistrust of God, and do not be over-anxious even on that score.
6. Bear with yourself as you would bear with others.
7. Turn to your Father in every care; bury yourself in that tender Bosom, where nothing can fail you.
8. As an infant, tired out and exhausted by its fruitless cries, sinks to rest in the maternal arms, so you must cease from your struggles, and sink to rest in the bosom of God.

October 11th.

I will pour out My Spirit upon all flesh. *Joel 2:28.*

By the force of a law which naught can withstand everything man needs is brought to him as rapidly as he is able to receive it. H. W. DRESSER.

Man's progress in the path of eternal life is through a series of renunciations. R. TAGORE.

Let the love of God and God's need of you, be the very breath of your life; become as a little child, . . . put your hand into the All-Father's hand and say, I am led by the Spirit. E. WILDER.

Listen to stars and birds, to babes and sages, with open heart; bear all cheerfully, do all bravely, await occasion, hurry never in a word; let the spiritual, unbidden and unconscious, grow up through the common.

W. E. CHANNING.

When spiritual truths are received in the heart their light dawns gradually on the mind as the stars come out in an evening sky, and they become part of your life.

ANON.

1. Unless the soul of man is quickened by the breaths of the Holy Spirit and he becomes vivified by the life of the Supreme Kingdom, he does not attain to fullness of life, and all his powers, efforts and accomplishments are in vain.
2. But as the heavenly abundance and the divine gifts and the omnipotent grace come successfully and uninterruptedly, therefore should he facilitate and level the way before the divine transaction.

1-2 ABDUL BAHÁ.

October 12th.

Godly sorrow worketh repentance to salvation not to be repented of; but the sorrow of the world worketh death.

II Cor. 7:10.

Amend your ways and your doings, and obey the voice of the Lord your God, and the Lord will repent of the evil that He hath pronounced against you. *Jer. 26:13.*

O child, have you fallen? Arise, and return, with child-like trust, to your Father, like the Prodigal Son! Assuredly He will not change His essence, which is love, for the sake of your misdoings. Is it not His own precious treasure, and a small thing with Him to forgive you your trespasses, if you believe in Him? For His arm is not shortened that it cannot make you fit to be saved and to be made meet to be partaker of the inheritance of the saints in light. J. TAULER.

1. The Gospel of light I herald to you: Rejoice in it!
2. And to the state of holiness I call you: Abide in it, that you may be in peace for ever and ever.
3. Make an end of constantly entreating for your sins: accept the Gospel, and begin to entreat for righteousness.
4. The best repentance is to up and act for righteousness, and forget that you ever had relations with sin.
5. If you see yourself fallen once and a thousand times, you ought to make use of the remedy given you, that is, a loving confidence in the Divine mercy.
6. And you will find by experience how much more your progress will be aided by the simple, peaceful turning towards God, than by all your chagrin at the faults that exist in you.

1-2 BAHÁ'O'LLAH. 3 ST. HERMAS. 5-6 FENELON.

October 13th.

If thou hadst known, even thou, at least in this thy day, the things which belong unto thy peace! But now they are hid from thine eyes. *Luke 19:42.*

I know also, my God, that Thou triest the heart, and hast pleasure in uprightness. *I Chron. 29:17.*

Teach me Thy way, O Lord: I will walk in thy truth: unite my heart to fear thy name. *Ps. 86:11.*

Obey My voice, and I will be your God, and ye shall be My people; and walk ye in all the ways that I have commanded you, that it may be well unto you. *Jer. 7:23.*

Look to yourselves, that we lose not those things which we have wrought, but that we receive a full reward.

II John 8.

Seek good, and not evil, that ye may live: and so the Lord, the God of hosts, shall be with you. *Amos 5:14.*

The Lord commanded us to do all these statutes, to fear the Lord our God, for our good always. *Deut. 6:24.*

1. Who shall ascend into the hill of the Lord? Or who shall stand in His holy place?
2. He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.
3. He shall receive the blessing from the Lord, and righteousness from the God of his salvation.
4. This is the generation of them that seek Him, that seek Thy face, O Jacob.

1-4 *Ps. 24.*

October 14th.

Every one of us shall give account of himself to God; let us, therefore, not judge one another any more.

Rom. 14:12-13.

He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still. And behold, I come quickly: and my reward is with me, to give every man according as his work shall be.

Rev. 22:11-12.

All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of him who draws the carriage. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him. BUDDHA.

In the way of righteousness is life; and in the pathway thereof there is no death. *Prov. 12:28.*

Harmony with right gathers to itself all the power of God, and these advantages are commanded by him whose motives are purest and most unselfish.

CORA LINN DANIELS.

Goodness will win the approval of God, the esteem of society, the peace of . . . conscience, the enlargement of [the] intellectual powers, and the usefulness of . . . existence, thus bringing inevitable joys of a rare character to [our] experience. . . . They are natural sequences and progressions in the line of pure right, and carry in themselves ample pleasure and constant delights.

CORA LINN DANIELS.

October 15th.

While ye have light, believe in the light, that ye may be the children of light. *John 12:36.*

Be strong in the grace that is in Christ Jesus.

II Tim. 2:1.

Building up yourselves on your most holy faith, praying in the Holy Ghost, keep yourselves in the love of God.

Jude 20:21.

They sought Him with their whole desire; and He was found of them. *II Chron. 15:15.*

Each man is enlightened both in grace and in glory, according as he is capable of receiving so sublime a gift.

J. RUYSBROECK.

Every moment of our daily life is replete with promptings from the divine.

Every day and hour the possibility is open before us to turn away from the selfishness and the strife to that kingdom of peace and love which is not far from any one of us. H. W. DRESSER.

1. If you "invite spiritual influences they will flow in as naturally as air inclines to a vacuum".
2. Open, therefore, the door of your mind; for the Spirit stands behind it.
3. May He cause to descend upon you this heavenly blessing; may He quicken your heart into an everlasting life and make it a source of merciful sentiments; so that your breath may become a quickener of the souls, your strong love may attract the hearts of men, and that your abundant affection may become a mercy to mankind in the world of existence.

1 H. WOOD. 2 BAHA'O'LLAH. 3 ABDUL BAHA.

October 16th.

The height whereunto love exalteth, is unspeakable; love joineth us to God. Without love nothing is well-pleasing to God. CLEMENT OF ALEXANDRIA.

1. To be without love is not to live, and to love feebly is rather waste than growth.
2. All the wildest passions by which men are led away are but true love, which has strayed from its rightful sphere.
3. God made you to live through Him and His love; you were born to be fed and consumed by that love.
4. It is the blessed flame of life which God has kindled in the bottom of your hearts:
5. All other life is mere death. You must love!
6. O love the Love which loves you everlastingly!
7. The more you love the more you will desire to love, and when you hold fast by love, God by His Spirit remakes you; then joy is yours.
8. The Spirit of God breathes you out toward love and good works, and it breathes you into rest and joy; and that is eternal life.
9. Do, therefore, what you will, only love God, and let His love, revived in your heart, be your guide.
10. Follow trustfully the attraction God gives you towards His infinite perfection. Love Him as you wish to be loved; it is none too much. Love Him according to the notions He has given you of exceeding love.
11. You were the most ungrateful of men not to love Him who has so loved you, and who is not weary of knocking at the door of your heart, that His love may enter in.

October 17th.

Not every one that saith unto me, Lord, Lord, shall enter into the Kingdom of heaven. *Matt. 7:21.*

The law of nature is, Do the thing, and you shall have the power. And you learn to do things by doing them.
E. TOWNE.

The eternal truth is attained and retained, not by an act of intellect, but through its translation into life.

R. C. EUCKEN.

✓ Every repetition of benevolent and devout feeling and well-doing, every act of love toward God or man will be a round in the ladder whereby the soul is climbing upward and it will strengthen the principle from which that ascending movement springs and make the next acting of it easier. H. T. CHEEVER.

1. We must resign with good grace what we are denied, and press on with what we are, for we cannot do more than we are nor understand what is not ripening in us.
2. To do good to all because we love all, and to use in God's service the one talent that we all have, is our only means of adding to that talent and the best way to silence a deep discontent with our shortcomings.
3. You should practise well what you know, and you will then advance in proportion to your honesty and fidelity;
4. Be active, and, however slow, thy success is sure:
5. Toil is triumph.
6. Joy unto those who practise!
7. The more man acts and makes actual what was latent in him, the nearer does he bring the distant Yet-to-be.

1-5 MARY BAKER G. EDDY. 6 BAHÁ'O'LLAH. 7 R. TAGORE.

October 18th.

The statutes of the Lord are perfect, converting the soul.
Ps. 19:7.

Sanctify them through Thy truth: Thy Word is truth.
John 17:17.

A single sentiment of love, a conviction of God's goodness, when it enters the heart, is sufficient to produce union with God; but if this feeling be entertained for any time, it becomes like a precious perfume, which penetrates every faculty of the soul. ST. FRANCIS DE SALES.

1. We should read what is suited to our tastes and our wants; and this reading should be often interrupted to give place to the interior spirit that leads to meditation.
2. A few simple words, full of the Spirit of God, are the hidden manna. The words are forgotten, but they operate in secret. The soul is nourished and grows by them.
3. But we must take care not to cease to nourish ourselves with certain truths by which we have been touched.
4. While there remains still any relish to us, while they still have anything to give us, it is a certain sign that we need to receive from them.
5. We see the truth, we love it, we repose upon it, it strengthens the heart, it detaches us from ourselves, and here we should abide in peace as long as we can.
6. Let us give every truth time to send down deep root into the heart; let us keep our thought concentrated on it; let our thoughts and words constantly return to it.

October 19th.

Do you seek great things for yourself? Seek them not!
Jer. 21:5.

Those that walk in pride He is able to abase.

Dan. 4:37.

You are not in want of this world and its cares. Your throne is the mat of humility, your honor is in suffering every lowliness in the path of the loving Lord, and your wealth is being empty-handed from the pomps of the world and its vanities, and your provision is trusting in God and being severed from all that is on earth and its wealth. ABDUL BAHA.

1. Verily, man is uplifted to the heaven of glory and power through meekness; again through pride, is he degraded to the lowest station.
2. Burn the veils of glory with the fire of the beauty of the Beloved, and place none other than the Desired One in the mind and heart;
3. Verily, the afflicted people He will save, while His eyes are upon the haughty, that He may bring them down.
4. For thus says the High and lofty One that inhabiteth eternity, whose name is holy;
5. I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.
6. For I will not content forever, neither will I be always wroth: for the spirit should fail before Me and the souls which I have made.

1-2 BAHÁ'O'LLAH. 3 *Sam.* 1-6 *Isa.*

October 20th.

1. Have faith in God!
2. Consider all well done which is done by Him.
3. Why should you feel disturbed about human events when you see Infinite Wisdom and Love presiding over and ruling them?
4. Are you so foolish as to believe that God does not know what is best to be done; or that, though knowing it, He does not wish to do it; or that, wishing it, He is not able to do it?
5. Whatever may come you should certainly approve of it.
6. Nor can you do better than spare yourself the least doubt as to God's will being the best, and His love being abounding to you and all.
7. Trust, therefore, and have faith, though your heart may tremble and all may look dark and discouraging.
8. Faith is courage, moral courage that will not give in, that refuses to be beaten, that will not doubt though everything seems against believing.
9. When clouds are heaviest and despair is on the heart, faith clings tenaciously to God.
10. We can conjure up endless fears to haunt every step of the way, and can darken life by morbid repining.
11. Or we can ignore our fears, and even learn to despise them, and can cultivate a cheerfulness which spreads cheer to others and saves our own heart from many a bitter hour.
12. The complete antidote for fear and despondency is to throw the weight of life on the simple faith that the universal order is one of love.

October 21st.

The eyes of all wait upon Thee; and Thou givest them their meat in due season. Thou openest Thine hand, and satisfiest the desire of every living thing.

Ps. 145:15.

He provides for all things, the smallest as well as the greatest. GRECIAN.

He healeth the broken in heart, and bindeth up their wounds. *Ps. 147:3.*

They that seek the Lord shall not want any good thing. *Ps. 34:10.*

Be not careful overmuch! ESDRAS.

Fear not, but let your hands be strong! *Zech. 8:13.*

They shall not be ashamed that wait for Me. *Isa. 49:23.*

God "in His infinite solicitude for all creation, must have, in some wise way, provided for exact justice and true loving-kindness" in all matters, although we cannot understand it. CORA LINN DANIELS.

The more you trust in God, the more you will constrain Him to care for you. FENELON.

My heavenly Father will never leave me comfortless, in the amplitude of His love; coming nearer in my need, more tenderly to save and bless. MARY BAKER G. EDDY.

Because Thou hast been my help, therefore in the shadow of Thy wings will I rejoice. *Ps. 63:7.*

October 22nd.

The Kingdom of God is not in word, but in power.

I Cor. 4:20.

Working and praying with true motives, your Father will open the way. MARY BAKER G. EDDY.

Your bodily consciousness dictates how you shall use your material forces; and your spiritual consciousness dictates how you shall use your spiritual forces. Either one or the other predominates at each present moment.

CORA LINN DANIELS.

“We can learn in prayer and communion to withdraw from the consciousness of the morbid and painful . . . into the consciousness of the Divine and Eternal”. We can “sink into God in restfulness and peace, and awake to new strength and health. . . . It is letting God work through [us] to the fullest”. O. HUCKEL.

1. When a prayer about any of [the] earthly things is made it is a prayer which must involve the laws by which earthly relations are maintained, and is thus necessarily amenable to those laws, or else unsuccessful.
2. And “unless a man puts a shoulder to the wheel, the stuck wagon, floundering in the mud, cannot be gotten along.
3. For human life is always going through difficult and muddy ways, uphill, and over streams and across marshes and over mountains—an infinite variety, calling for wit, wisdom, will, tact, capacity, endurance, persistence, courage”; but “if you add these to prayer, believe me, your ‘go-cart’ will be trundled along—yea, to the very end”.

1-3 CORA LINN DANIELS.

October 23d.

From Him, the everlasting joy, all objects have their birth. UPANISHADS.

We are nothing; God is all. Our life is in God, our energy is of Him. S. D. KIRKHAM.

It is the same God which worketh all in all.

I Cor. 12:6.

We are of God.

We are all, in the deepest center of our being, possessed of a substantial essence, not of earth, not of time and space, not of the shadow, but of the eternal, spiritual and heavenly type. ST. JOHN and J. FRANCK.

1. God is infinite, the only Life, substance, Spirit, or Soul, the only intelligence of the universe, including man.
2. Nothing possesses reality nor existence except the divine Mind and His ideas. Everything in God's universe expresses Him.
3. God is everywhere, and nothing apart from Him is present or has power. There is no other Life, substance, and intelligence but God.
4. The sum of our words is, He is all.
5. He is the Father; He is the being of all that are, and the life of all that live, and the wisdom of all the wise;
6. For all things have their being more truly in God than in themselves, and also their powers, knowledge and life.
7. He is the Perfect, Simple Good, which is All, in All and above all, and without which and besides which there is no true Substance, nor true Good, and without which no good work ever was or will be done.

1-3 MARY BAKER G. EDDY. 4 *Eccles.* 5-7 *Theologia Germanica.*

October 24th.

Consider your ways. *Hag. 1:5.*

I know thy works, that thou art neither cold nor hot:
I would thou wert cold or hot. *Rev. 3:15:*

Repent or else I will come unto thee quickly.

Rev. 2:16.

To begin the climb, we must have had a moment of utter abandonment and despair, when all the waves and streams of God pass over us, and when we seem to have nothing we can call our own but a timid, naked, worthless, helpless soul. A. C. BENSON.

Seek holiness rather than consolation. J. N. OWEN.

One forgives everything to him who forgives himself nothing. CONFUCIUS.

Remember therefore how thou hast received and heard, and hold fast, and repent. *Rev. 3:3.*

1. God sees the heart.
2. Nothing can hide the truth from Him.
3. He is within the heart and knows its every beat.
4. There can be no hypocrisy, glossing over, palliating or excusing to that inner spirit which you all know is within you.
5. But before death many go through a process [of purification] while yet within their natural bodies.
6. They think over their sins with such true and perfect penitence and would so fully repent and atone were their physical condition compatible, that they go through the purifying fire of remorse while yet on earth and enter [the next life] in the possession of divine peace.

1-6 CORA LINN DANIELS.

October 25th.

Sanctify yourselves and be ye holy; for I am the Lord your God. *Lev. 20:7.*

Expel grief, fear, desire, envy, malevolence, avarice, effeminacy, intemperance. But these can be no otherwise expelled than by looking up to God alone, as your pattern; by attaching yourself to Him alone, and being consecrated to His commands. *EPICETUS.*

Turn Thou us unto Thee, O Lord, and we shall be turned; renew our days as of old. *Lam. 5:21.*

Bind me, oh, bind me in the bonds of Thy law; bind me within and without; hold me tight, let me in the clasp of Thy law be bound up together with Thy joy; protect me by Thy firm hold from the deadly laxity of sin.

R. TAGORE.

1. Put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;
2. And be renewed in the spirit of your mind;
3. Put on the new man, which after God is created in righteousness and true holiness.
4. Therefore putting away lying, speak every man truth with his neighbor: for we are members one of another.
5. Be ye angry and sin not: let not the sun go down upon your wrath; neither give place to the slanderer.
6. Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.

1-6 *Eph.*

October 26th.

Every form of unhappiness springs from a wrong condition of mind. JAMES ALLEN.

1. I know that there is no good in men, but for them to rejoice; to live gladly, joyously, to do good in their life, and to unfold as the flowers.
2. The most manifest sign of wisdom on their part is continued cheerfulness; there is no virtue in grief.
3. Man was made for happiness, to express joy and gladness, to be prosperous.
4. He was "not intended to pick [his] way through the world, trembling at every step".
5. Despondency is ingratitude; but hope is God's worship.
6. A man, therefore, should live self-composed, cheerful, serene and happy; he should "cultivate cheerfulness under all circumstances".
7. For to set one's face "always toward the sunlight is just as easy as to see always the shadows and it makes all the difference in one's character".
8. By all means, then, let us have joy, since it is merely a question of choice.
9. Let us be cheerful, kind, helpful and patient, no matter what others may do to us or say about us.
10. For every lot is happy to a person who bears it with tranquillity; and stupid is that man that lets the momentary things make him uneasy, or proud, or sorrowful, or impatient, as though they could trouble him for long.

1 *Eccles.* and ANON. 2 M. MONTAIGNE and G. A. KRATZER. 3 O. S. MARDEN. 4-5 O. HUCKEL and H. W. BEECHER. 6 BUDDHA and W. A. SPINNEY. 7-8 NAUTILUS. 9 O. S. MARDEN. 10 A. M. BOETHIUS and M. AURELIUS.

October 27th.

Let them curse, but bless you. *Ps. 109:28.*

Being reviled, we bless, being persecuted, we suffer it; being defamed, we entreat. *I Cor. 4:12-13.*

Resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. *Matt. 5:39.*

Let the righteous smite me; it shall be a kindness: and let him reprove me; it shall be an excellent oil, which shall not break my head. *Ps. 141:5.*

Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbor as thyself. *Lev. 19:18.*

God has given to us eyes, so that we may look upon each other with the eyes of the love of God. He has granted us hearts so that we may become attached to each other. ABDUL BAHÁ.

He cherished the feeling of affection for all beings as if they were his only son. LALITA VISTARA.

As a human quality, the glorious significance of affection is more than words: it is the tender, unselfish deed done in secret; the silent, ceaseless prayer; the self-forgetful heart that overflows; the veiled form stealing on an errand of mercy, out of a side door; the little feet tripping along the sidewalk; the gentle hand opening the door that turns toward want and woe, sickness and sorrow and thus lighting the dark places of earth. MARY BAKER G. EDDY.

October 28th.

If ye, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask Him?

Matt. 7:11.

Ask, and ye shall receive, that your joy may be full.

John 16:24.

All things, whatsoever ye ask in prayer, believing, ye shall receive. *Matt. 21:22.*

Whatever we ask for which is in accord with divine wisdom, God will answer. **ABDUL BAHA.**

God will answer the prayer of every servant, if that prayer is urgent. His mercy is vast, illimitable. God will answer any one. **ABDUL BAHA.**

Before they call I will answer; and while they are yet speaking I will hear. *Isa. 65:24.*

Verily, God responds unto those who invoke Him, is near unto those who pray unto Him. And He is thy companion in every loneliness, and befriends every exile.

ABDUL BAHA.

Whosoever shall call on the name of the Lord shall be delivered. *Joel 2:32.*

There are many subjects which are difficult for man to solve. But during prayer and supplication they are unveiled and there is nothing that man cannot find out.

ABDUL BAHA.

October 29th.

Count it all joy when ye fall into divers temptations, knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. *Jas. 1:2-4.*

Man's susceptibility to evil is proven to him when he falls into the tests, and the tests are continued until the soul realizes its own unfitness, then remorse and regret tend to root out the weakness. The same test comes again in greater degree, until it is shown that a former weakness has become a strength, and the power to overcome evil has been established. *ABDUL BAHA.*

Unto every one that hath shall be given, and he shall have abundance; but from him that hath not shall be taken away even that which he hath. *Matt. 26:29.*

Tribulation worketh patience; and patience, experience; and experience, hope, *Rom. 5:3-4.*

The discerning man rejoiceth at the day of trials, his breast becometh dilated at the time of severe storms, his eyes become brightened when seeing the showers of rain and gusts of wind, whereby trees are uprooted; because he foreseeeth the result and the end of the trials, the leaves, blossoms and fruits which follow the wintry storm.

ABDUL BAHA.

Make friends with your trials, as though you were always to live together; and you will see that when you cease to take thought for your own deliverance, God will take thought for you; and when you cease to help yourself eagerly, He will help you. *ST. FRANCIS DE SALES.*

October 30th.

Though He slay me, yet will I trust in Him.

I will yield myself completely, unconsciously and finally to God. Anxiety and misgiving proceed solely from love of self. It is in forgetfulness of self and in trust that man finds peace. *Job* and FENELON.

1. Blessed is the man that trusts in the Lord, and whose hope the Lord is.
2. Blessed are all they that put their trust in Him.
3. For whoso puts his trust in the Lord shall be safe.
4. He is the real friend, whose heart will always be infinitely tenderer than yours.
5. Mistrust yourself, not Him.
6. Trust to Love! It takes all, but it gives all.
7. Never abandon yourself so entirely to God, as when He seems to abandon you.
8. And do not be afraid!
9. You insult God by mistrusting His goodness.
10. Cast, therefore, your heart firmly and confidently on Him, for He does not disappoint them, who by the fingers of hope hold to the train of His mercy and bounty.
11. Verily, the hosts of confirmation from the Kingdom of God will assist every soul who trusts in God, is severed from aught save God, is occupied with the commemoration of God and is rejoiced at the Glad-Tidings of God.
12. Therefore, O child of God! Cut yourself from this world, rely on the Lord and trust Him, so that you may hear the call from above and your face may become illuminated with the light shining forth from the Kingdom of God.

October 31st.

The material life of man is a long birth, as it were, an embryo state in which the spirit develops, ever longing to be born. CORA LINN DANIELS.

It is a comparatively low round of the ladder on which man awakens to find himself in this life; it is but the beginning of real life; and he is looking forward and is advancing into a realm so much larger that all previous life will seem insignificant in comparison. H. W. DRESSER.

For all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord. *II Cor. 3:18.*

1. Man's possibilities are infinite, bliss is eternal.
2. And the consciousness thereof is here and now.
3. Here and now the soul dwells in an eternal, spiritual world, whence it may draw wisdom, life and power at need;
4. Here and now it may transcend the bondage of space and time, so that death itself shall lose its terrors, and all experiences shall be understood from the point of view of progressively higher and higher planes.
5. Here and now it may taste of the bliss of the life of the Spirit; and may know, that "the keenest pleasure we receive through our sense-life is but the faintest suggestion of the gladness of the spirit".

1-2 MARY BAKER G. EDDY. 3-4 H. W. DRESSER. 5 AUTHOR and C. B. NEWCOMB.

November 1st.

If, O sinful man, thou art now determined to break with sin entirely, and henceforth to serve thy God and live to Him alone, then thy heavenly Father in His abounding goodness will as completely forget thy sins as if they never had been committed. The deep love of Him will blot out sin's stains. Do not look at the injury which accrues to thyself through sin. He, thy God and Father, must alone occupy thy thoughts. J. TAULER.

1. If the wicked will turn from all his sins that he hath committed, and keep all My statutes, and do that which is lawful and right, he shall surely live, he shall not die.
2. All his transgressions that he has committed, they shall not be mentioned unto him: In his righteousness that he hath done shall he live. Have I any pleasure at all that the wicked should die? saith the Lord God: and not that he should return from his ways and live?
3. Therefore repent: turn yourselves from your transgressions and desist from your iniquities:
4. Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow;
5. Then come, and let us reason together, saith the Lord: Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.
6. For as I live, saith the Lord God, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live: Turn ye, turn ye from your evil ways; for why will ye die, O house of Israel?

November 2nd.

The goodness of God endureth continually. *Ps. 52:1.*

My people shall be satisfied with my goodness.

Jer. 31:14.

I will seek that which was lost, and bring again that which was driven away, and will bind up that which was broken, and will strengthen that which was sick.

Ezek. 34:16.

A father of the fatherless, and a judge of the widows, is God in his holy habitation. *Ps. 68:5.*

The Lord will bring them health and cure, and He will cure them; and He will reveal unto them the abundance of peace and truth. *Jer. 36:6.*

God is all—Good—always good, always love. He never changes, no matter what we do or may have done.

E. CADY.

The world is preserved only because Love is at the heart of it; the law of infinite kindness is so kind that it protects man even against his own ignorance and sin.

ANON.

Every poor man will become rich, every darkened soul will become illumined, every ignorant one will become wise, because the confirmations of the Holy Spirit are descending like unto torrents. A new era of Divine consciousness is upon us. ABDUL BAHA.

Verily, "one who knows that he is encompassed by only good, folded around by safety, enveloped by Spirit, is guarded, protected, safe indeed".

H. STOWE.

November 3d.

1. The Lord is my Rock, and my Fortress, and my Deliverer; in Him will I trust.
2. He is my shield, and the horn of my salvation, my high tower, and my refuge, my saviour.
3. He is my strength and song, and He is become my salvation: He is my God.
4. In Him have I put my trust: And I will not be afraid.
5. For He is good unto them that wait for Him, to the soul that seeketh Him;
6. Wherefore sought I the Lord, and He heard me, and delivered me from all my fears.
7. And the Lord shall deliver me from every evil, and will preserve me unto His heavenly Kingdom.
8. O happy are they that have the God of Jacob for their help, whose hope is in the Lord their God.
9. Happy are they that know His name and put their trust in Him. For He doth not forsake them that seek Him.
10. Trust, therefore, in the Lord, ye men of doubtful mind, for He can do all things.
11. And be of good courage, He shall strengthen your heart, all ye that hope in the Lord.
12. Yea, trust in Him at all times; ye people, pour out your heart before Him: God is a refuge for us.
13. Verily, He is our hope; He is our trust from our youth up.
14. Our eyes are unto Him, the Lord God; in Him is our trust.
15. Unto Thee, O Lord, do we lift up our soul.
16. O God, we trust in Thee.

1-2 *Sam.* 3 *Ex.* 4 *Ps.* 5 *Lam.* 6 *Ps.* 7 *Tim.* 8-9 *Ps.* 10 *St.*
HERMAS. 11-16 *Ps.*

November 4th.

It is Divine guidance which is greater than all things.
JESUS.

As you grow ready for it, somewhere or other you will find what is needful for you in a book or a friend, or, best of all, in your own thought—the eternal thought speaking to your thought. G. MACDONALD.

The right thought comes in the fitness of time to those who quietly await it. H. W. DRESSER.

. . . Follow under all circumstances the highest promptings within you; . . . be always true to the divine self; . . . rely upon the inward light, the inward voice, and . . . pursue your purpose with a fearless and restful heart. JAMES ALLEN.

Under all circumstances do that which you believe to be right. J. ALLEN.

When in doubt, one should be true to the best one knows. H. W. DRESSER.

The voice of conscience always whispers to us the right thing to think, say, and do. L. H. EASTMAN.

Once make up your mind never to stand waiting and hesitating when your conscience tells you what you ought to do, and you have the key to every blessing that a sinner can reasonably hope for. J. KEBLE.

November 5th.

Just being happy is a fine thing to do,
Looking on the bright side rather than the blue;
Sad or sunny musing
Is largely in the choosing,
And just being happy is brave work and true.
Just being happy helps other souls along;
Their burdens may be heavy, and they not strong;
And your own sky will lighten,
When other skies you brighten
By just being happy with a heart full of song.

F. SAUNDERS.

1. Oh, what riches live in a joyful, sweet and sunny soul!
What a blessed heritage is a sunny face, a sweet disposition! What joy to be able to fling out sunshine wherever one goes, to scatter shadows and lighten sorrow-laden hearts!
2. We should cultivate an open nature, a kindly manner, a generous spirit. We should not be stingy with our cordiality, our praise, our helpfulness.
3. Let us fling out our best to everybody, every time. Let us learn to say pleasant things to people, and about them, to do generous things, and we will be surprised to see how our life will enlarge, our soul expand, and our whole nature become enriched and ennobled.
4. There are more hearts hungering for love and sympathy than for money, and these we can always give. And the habit of wishing everybody well, of feeling like giving everybody a Godspeed, ennobles and beautifies the character wonderfully.

1-4 O. S. MARDEN.

November 6th.

I have fought a good fight. I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love His appearing.

II Tim. 4:7-8.

Follow after righteousness, godliness, faith, love, patience, meekness; fight the good fight of faith, lay hold on eternal life. *I Tim. 6:12.*

He only is advancing in life whose heart is getting softer, whose blood warmer, whose brain quicker, whose spirit is entering into living peace. J. RUSKIN.

You are not bound to win, but you are bound to be true; you are not bound to succeed, but you are bound to live up to what light you have. A. LINCOLN.

1. Forsake the things of the world, and be engaged in praising your Lord; so that His Holy Spirit may assist you, and make you a sign of faith and illumine your heart with the light of assurance;
2. That you may be invested with a robe, the embroidery of which is purity and sanctity and the woof and warp of which is the spirituality of the Mighty Lord; and so to be divested of the mantle of bodily things that angelhood and ideal spirituality become realized in you.
3. To be faithful and truthful in word, confident in heart, attracted in spirit, pure in intention, patient in hardship, characterized with a God-like nature and disposition, manner and morals.

1-3 ABDUL BAHÁ.

November 7th.

Great is the Lord and greatly to be praised. *Ps.*

O the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments, and His ways past finding out.

For who has known the mind of the Lord? Or who has been His counsellor? Or who has first given to Him, and it shall be recompensed unto Him again?

For of Him, and through Him, and to Him are all things: to Him be glory for ever. Amen. *Rom. 11:33-36.*

1. O Lord, how manifold are Thy works; in wisdom hast Thou made them all: the earth is full of Thy riches.
2. Of old hast Thou laid the foundation of the earth: and the heavens are the works of Thy hands.
3. They shall perish, but Thou shalt endure: yea, all of them shall wax old like a garment; as a vesture shalt Thou change them, and they shall be changed:
4. But Thou art the same, and Thy years shall have no end.
5. Who is like unto Thee, O Lord, glorious in holiness, fearful in praises, doing wonders?
6. Thou art worthy to receive glory and honor and power: for Thou hast created all things, and for Thy pleasure they are and were created.
7. All nations whom Thou hast made shall come and worship before Thee, O Lord; and shall glorify Thy name.
8. For Thou art great, and doest wondrous things; Thou art God alone.

1-4 *Ps.* 5 *Ex.* 6 *Rev.* 7-8 *Ps.*

November 8th.

Should the Lord treat justly, we are all sinners and deserve to be deprived;

And should He observe mercy, every sinner shall be made pure and every stranger shall become a friend.

ABDUL BAHÁ.

1. As to painful and humiliating thoughts turning up concerning our past sins, our present faults, or our temporal affairs, we must treat them as the sensitiveness of self-love: Our pain at all these things is more humiliating than the things themselves.
2. The least error, indeed, should humble, but even the greatest should never discourage and utterly humiliate us.
3. For disgrace clings to no man after repentance, any more than the feet defiled with the mud of the world come yet soiled and polluted from the cleansing bath.
4. Verily, sin shall be no shame to man, but worship. For just as to every sin is answering a pain by truth, right so, for every sin, to the same soul is given a bliss by Love.
5. And "each single incident or experience, small or great, whether it be innocent joy and brave enterprise, whether it be sad patience or dreary endurance, whether it be sin or shame, weaves and resolves itself, at last, into the heavenly harmony"; and "there is awaiting us a joy in which even our most abject failures, our ugliest transgressions, will bear their part; a joy, indeed, which could not be perfect without them."

November 9th.

You are not cut off from the Divine except in your own belief. Rise up O [child] of God, and shake off the nightmare of sin which binds you. JAMES ALLEN.

Faith is required at our hands, and a sincere life; not height of understanding, nor the depths of the mysteries of God. THOMAS À KEMPIS.

As thou hast believed, so be it done unto thee.

Matt 8:13.

To give thanks at all times is not only a passport to serener conditions, but acts as a talisman transforming the soul itself. Outer shadows would speedily disperse before the light of this quality wedded to faith.

M. B. WALLACE.

1. To believe is to be happy; to doubt is to be wretched.
To believe is to be strong. Doubt cramps energy.
Belief is power.
2. Only so far as a man believes strongly, mightily, can he act cheerfully, or do anything that is worth the doing.
3. Feeble are we? Yes, without God we are nothing.
But what, by faith, every man may be, God requires him to be.
4. To live vigorously, we must live by faith. Our nourishment is unseen, but real.
5. Those who are doing the most to uplift the world are those whose intensity of faith first reconstructed their own souls.
6. Doubt is disintegration. It leads into the slough of despond. It is leaden, nerveless and cowardly.

1-2 F. W. ROBERTSON. 3 H. BUSHNELL. 4-6 H. WOOD.

November 10th.

Be not slothful, but followers of them who through faith and patience inherit the promises. *Heb. 6:12.*

“Live your best! To do this get into the work your soul calls you to do, the work you most desire”. For “you have a work to do that is all your own,—a beautiful task to perform”. Do not mind the obstacles! “Obstacles mean opportunities. The opportunity is all there is”.

M. ALLEN.

1. . . . Life is an ever-present opportunity. Circumstances, however difficult, are always, without exception, opportunities, and not limitations; but a lost opportunity is the greatest of losses. Unimproved opportunities will rebuke us when we attempt to claim the benefits of an experience we have not made our own.
2. Let us improve, therefore, each moment as it flies; let us do everything conscientiously; let us be jealous of the purity of our motives; let us be diligent in prayer; in the crosses and annoyances of the day let us regard the will of God who sends them, and take them accordingly with sweetness and buoyancy of spirit; let us cultivate the habit of allowing the objects of nature and passing events to remind us of spiritual truth, and lead our mind upwards;
3. In short, let us turn each incident of life into a spiritual exercise, and extract from each a spiritual good—then we are really improving our opportunities; for we are cultivating the internal life while we engage in the external; and while, on the one hand, we are expending the oil of grace, we are, on the other, laying in a fresh stock of it in our oil-vessels.

November 11th.

I laugh and shout for life is good. HELEN KELLER.

How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, thy God reigneth. *Isa. 52:7.*

Every man may through gladness, love, work and play, move steadily towards the heights, inspired by courage, kindness and gentleness of heart, thinking every day of the Master, until at last he comes to his own, where all is joy and peace. G. KLEISER.

The spiritual love of God maketh man pure and holy and clotheth him with the garment of virtue and purity. And when man attacheth his heart wholly to God the divine bounty will dawn. ABDUL BAHA.

1. How amiable are Thy tabernacles, O Lord of Hosts;
2. My soul longeth, yea, even fainteth for the courts of the Lord:
3. My heart and my flesh crieth out for the living God.
4. A day in Thy courts is better than a thousand.
5. I had rather be a doorkeeper in the house of my God, than dwell in the tents of wickedness.
6. For the Lord God is a Sun and Shield: the Lord will give grace and glory:
7. No good thing will He withhold from them that walk uprightly.
8. O Lord of Hosts, blessed is the man that trusteth in Thee.

1-8 *Ps.*

November 12th.

As one whom his mother comforteth, so will I comfort you. *Isa. 66:13.*

Our fathers trusted in Thee: They trusted, and Thou didst deliver them. *Ps. 22:4.*

Man disquiets himself in a vain shadow.

He is a victim to his own fears and to false concepts, which shut out the light of truth and diminish his native energy. THOMAS À KEMPIS, and S. D. KIRKHAM.

Anger and worry are simply bad habits of the mind, . . . their elimination is a purely mental process within the control of every intelligent person, who has sufficient self-respect to recognize within himself the reflection of the Divine image. H. FLETCHER.

He who can leave all things with God has remaining no unrest. *Christian Science Journal.*

Naught shall befall us, save that which God has decreed unto us. BAHA'O'LLAH.

You have nothing to do but to surrender yourself to God each day, without looking further; He will carry you in His arms as a tender mother bears her child.

FENELON.

Always at night remember to lay aside all the cares of the day, all thoughts of outward matters, all anxieties or fears. Cast these off as you would a garment. Lie down to sleep in perfect peace, realizing that you are beneath the Divine care, folded in the Heavenly love and beauty.

M. B. WALLACE.

November 13th.

Heaviness in the heart of man maketh it stoop: but a good word maketh it glad. *Prov. 12:25.*

1. The actions and states of mind that result in a feeling of gladness and freedom . . . are the right actions and mental states for us. Joy brings us very close to the heart of things—very close to God.
2. Gloom, despondency, discouragement and fear are signs of missing the way, and the eyes must be lifted up and the Divine will sought with prayer and meditation until the normal state of peace and joy returns. It is both natural and spiritual to be joyous. And we were made to radiate the perfume of good cheer and happiness as much as a rose was made to radiate its sweetness to every passerby; but there is no duty we so much underrate as the duty of being happy.
3. The birds are always singing in our heavens, the light is always shining, help is always near, and our mountains are always full of invisible hosts sent for our deliverance; yet how often we are deaf to the melodies and blind to the brightness and power because our fears have closed the avenues of spiritual perception.
4. Let us, then, open our eyes and our ears to the better world. Let us rise up out of the valley of despair and despondency, out of the miasma which has poisoned the air around us, out of the foulness which has suffocated us, into the atmosphere of joy and courage. And the joy of life will be our strength to solve our problems; and “by joy we will enter with Him into the fulness of life”.

November 14th.

To ascertain our progress, we must learn where our affections are placed and whom we acknowledge and obey as God.

If divine Love is becoming nearer, dearer, and more real to us, matter is then submitting to Spirit.

MARY BAKER G. EDDY.

That which God has desired for Himself is the hearts of His servants, which are treasures of praise and love of the Lord and stores of divine knowledge and wisdom. And it is ever His will to purify the hearts of His servants from the promptings of the world and what is therein, so that they may be prepared for illumination by the effulgences of the Lord. BAHA'O'LLAH.

1. I call heaven and earth to record this day against thee, that I have set before thee life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:
2. That thou mayest love the Lord thy God, and thou mayest obey His voice, and that thou mayest cleave unto Him:
3. For He is thy life, and the length of thy days.
4. And what doth the Lord thy God require of thee, but to fear the Lord thy God, to walk in all His ways, and to love Him;
5. And to serve the Lord thy God with all thy heart and with all thy soul, to keep the commandments of the Lord, and His statutes, which I command thee this day for thy good?
6. For the Lord thy God, He is God, the faithful God, which keepeth covenant and mercy with them that love Him and keep His commandments to a thousand generations.

November 15th.

Open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land. *Deut. 15:11.*

The stranger that dwelleth with you shall be unto you as one born among you, and thou shalt love him as thyself. *Lev. 19:34.*

Imitate God in His goodness; be towards thy fellow creatures as He is towards the whole creation. Be a brother to the children of thy Father. TALMUD.

Do good with what thou hast, or it will do thee no good. W. PENN.

No evil that the soul dreads can come upon him who is kind and protects all creatures. CURAL.

Kind words are the music of the world. There is hardly a power on earth equal to them. It is by voice and words that men influence each other. Happiness and kindness go together. The double rewards of kind words is the happiness they cause in others and the happiness they cause in ourselves. F. W. FABER.

1. The weakest, the humblest must realize that it is possible for him in his daily course to shed around himself almost a heaven.
2. Kindly words, sympathizing attention, watchfulness against wounding men's sensitiveness,—these cost very little, but they are priceless in their value.
3. Are they not almost the staple of our daily happiness?
4. From hour to hour, from moment to moment, we are supported, blest by small kindnesses.

1-4 F. W. ROBERTSON.

November 16th.

Thou art near, O Lord.

Whither shall I go from Thy Spirit? Or whither shall I flee from Thy presence?

Thou hast searched me and known me.

Thou knowest my downsitting and mine uprising.

Thou understandest my thoughts afar off.

Thou compassest my path and my lying down, and art acquainted with all my ways.

For there is no word in my tongue, but lo, O Lord, Thou knowest it altogether. *Ps. and Prov.*

1. There is nothing so near the inmost heart of man as God.
2. He is near man, He is with Him, He is within him.
3. As a sacred spirit is He resident in him;
4. And no bounds and no barriers separate Him from the soul.
5. Oh, the joy of that ineffable communion, the deep, calm, abiding joy.
6. What repose is ours in the love which sustains us, what guidance, what insight, what strength.
7. Every man is directly open to the presence of God;
8. And by filling one's consciousness with the thought of God one may change the current of life and regain health.
9. For the Divine Presence is, concretely regarded, an ever-ready power adequate to meet all occasions, ready to guide and sustain.
10. And it is an active presence of God in whose stream of creative tendency our life is immersed and from whom we can draw unlimited life, and wisdom, and power.

November 17th.

God has preferred the insight to the sight, because the sight sees the material things, while the insight apprehends the spiritual. BAHA'O'LLAH.

The deep life of the present is the deep life in the Spirit who owns all time.

Seek him, seek the Spirit, and all that is just and wise will follow. H. W. DRESSER.

Let us turn our thoughts from the body to that which alone made the body dear to us, the loving and imperishable Intelligence that animates it. C. B. NEWCOMB.

1. It is the Spirit that quickeneth; the flesh profiteth nothing; it is the Spirit which animates, not any other power; mind dominates matter.
2. Things spiritual and eternal are substantial. Things material and temporal are insubstantial.
3. Ideas are the only realities; ideas are facts in themselves, while the transient transmutation of them into a material form does not affect them one way or the other.
4. Indeed, "the idea is the fact. The material form is only the manifestation of that fact".
5. The mere putting it into a visible form is but the throwing a filmy mantle around a statue.
6. And "the material man is only the soil in which the germ of spiritual consciousness shall unfold and come to fruition".

1 ST. JOHN and CORA LINN DANIELS. 2 MARY BAKER G. EDDY. 3-5
CORA LINN DANIELS. 6 S. D. KIRKHAM. .

November 18th.

As he thinketh in his heart, so is he. *Prov. 23:7.*

Behold, I will bring evil upon this people, even the fruit of their thought. *Jer. 6:19.*

Occupy your mind with thoughts of purity, kindness and love, and you will energize every organ and vitalize every function. K. H. NEWTON.

Spiritual forces rule the world, and our connection with them is through thought. A. CUNNINGHAM.

If mortal thought is eternal, certainly spiritual thought is so. Heaven is made up of thought utterance in every possible form, and each of these is enjoyed forever.

CORA LINN DANIELS.

The inner workings of your mind are your spiritual growth. CORA LINN DANIELS.

We should have all our principles ready for use on every occasion. EPICTETUS.

We experience the beneficial effect of elevating thought, rid ourselves of morbid, unhealthy, or dispiriting states of mind with their bodily accompaniments in proportion as we dwell on some ideal or keep before us a fixed purpose, until by persistent effort the goal is won. H. W. DRESSER.

By maintaining the mournful attitude, we show our want of faith in the goodness of things as much as when we fear. We have only to wait, be patient, renew our ideals day by day, remember that ideas have regenerative life and a natural law of growth, then act. H. W. DRESSER.

November 19th.

When my soul fainted within me I remembered the Lord. *Jonah 2:7.*

1. Let us become inwardly calm, restful, trustful.
2. Let us open out in thoughts of hope and thanksgiving.
3. Let us rejoice that the Spirit is here.
4. He who is despondent, pessimistic, has not yet reached the spiritual plane.
5. There is something ugly in him which he has not yet overcome. Consequently, he reads his own state of mind or body into the universe.
6. Let us learn to trust and rejoice; let us learn to master our moods, to direct our thoughts;
7. And when fearful or depressed not to listen to ourselves; for our real convictions, if we will follow them simply, will put to flight all phantoms.
8. Indeed, when once we understand the relationship of the lower and the higher consciousness, and learn how our moods are conditioned by the body, we should be enabled to live continually in the superior realm, and not any more be compelled to give way to our own thoughts.
9. This last is the real source of our worst troubles.
10. We may say, to be sure, that we cannot help heeding our own reasoning, because it seems so plain. But let us beware! for suspicious, indocile people say the same;
11. To the sickly, earthly eye all is perverted, and it is our duty to silence ourselves by the simple, quiet resolution to leave all to God, and to give ourselves up to His grace.

November 20th.

The best provision is piety. *Koran.*

O son of man! You desire gold, and God desires your separation from it. You have realized therein the riches of yourself, while He realizes your wealth to consist in the freedom from it. This is His knowledge, while that is your imagining. Verily, in wealth fear is concealed and peril is hidden. **BAHA'O'LLAH.**

— Seek not that which perisheth, labour not to be rich.
Proverbs.

1. Sever yourself from all desires save your Lord, the Supreme, expecting no help or aid from any one or anything in the world. Resign yourself to God!
2. Content yourself with but little of this world's goods!
3. Verily, godliness with contentment is great gain.
4. For we brought nothing into this world, and it is certain we can carry nothing out.
5. And having food and raiment let us be therewith content.
6. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.
7. For the love of money is the root of all evil.
8. Wherefore we charge them that are rich in this world, that they be not high-minded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy; that they do good, that they be rich in good works, ready to distribute, willing to communicate; laying up in store for themselves a good foundation against the time to come; that they may lay hold on eternal life.

1-2 ABDUL BAHÁ. 3-8 *Tim.*

November 21st.

Our shortcomings are many, but the sea of God's forgiveness is boundless. **ABDUL BAHÁ.**

He is a God that pardons iniquity; He does not retain His anger forever, because He delights in mercy.

He will turn again, He will have compassion upon us; He will subdue our iniquities; and will cast all our sins into the depths of the sea. *Micah.*

This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners.

Tim.

1. Love is the Saviour of the world. And Love knows no limit of loving. Yea, "Love has only one punishment for the sinner, and that is forgiveness".
2. There is not a single sinner in the world whom God will not pardon if he comes to Him. For no offense is too great to be pardoned. And there is no man so far gone, but the grace of God can reach him. No man so desperate or black, but He can forgive him.
3. The greatest sinner can take of the water of life, just as well as the man who can say of all the commandments, "All these have I kept from my youth up".
4. Yea, no human being lives on earth so bad or base, so stupid or worldly, so utterly corrupt and worthless, but that God is ready to kindle in his soul a fire of love which will wholly consume this evil.

1 *Master Mind* and M. COLLINS. 2 ST. FRANCIS DE SALES, ALBITIS and D. L. MOODY. 3 H. DARLING. 4 J. WESLEY.

November 22nd.

God is able to make all grace abound toward you.

II Cor. 9:8.

I will give them one heart, and one way, that they may fear Me for ever, for the good of them, and of their children after them. *Jer. 32:39.*

There's a divinity that shapes our ends, rough-hew them how we will. SHAKESPEARE.

Life, both on earth and in spirit, is a progress. Experience is the teacher, God the helper.

CORA LINN DANIELS.

When this hour of development comes, even if you cling to a sense of personal joys, spiritual Love will force you to accept what best promotes your growth.

MARY BAKER G. EDDY.

The perfect order of the universe causes every soul to find its own level and exact place, by the same unfailing law that builds the marvellous architecture of snow crystal and flower, and provides for the progress of each soul as surely as for the sweep of the planets on their mighty course. J. F. CLARKE.

Every soul "is aroused and helped, fed and clothed with knowledge and truth until its past carrier of evil on the earth is so blotted from its consciousness that the earth-life becomes like a dream—of no meaning or moment, save as the embryo stage of a progress which it has forever left behind". CORA LINN DANIELS.

November 23d.

In patient obedience to a patient God, let us labor to dissolve with the universal solvent of Love the adamant of error,—self-will, self-justification, and self-love,—which wars against spirituality and is the law of sin and death.

MARY BAKER G. EDDY.

1. Let us sacrifice our own wills, as opportunity serves, to the will of others; let us bear without notice sights and sounds that annoy us; let us set about our tasks, when we had rather be doing something very different; persevere in it, when we are thoroughly tired of it.
2. Let us keep company for duty's sake, when it would be a great joy to us to be by ourselves.
3. In patience let us bear all the trifling untoward accidents of life: bodily pain and weakness long continued, and perplexing us often when it does not amount to illness; losing what we value; missing what we desire; disappointment in other persons; wilfulness, unkindness, ingratitude, folly, in cases where we least expect it.
4. Let us bear all without murmuring, that we may be blameless, the children of God, without rebuke;
5. And let us remember that Christ also suffered for us, leaving us an example, that we should follow his steps:
6. Who did no sin, neither was guile found in his mouth: who when he was reviled, reviled not again; when he suffered he threatened not; but committed himself to Him that judgeth righteously: Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes we are healed.

November 24th.

Behold, how good and pleasant it is for brethren to dwell together in unity.

How good is love, and how pleasant its language.

The language of love is the lodestone of hearts and the food of the soul. *Ps.* and BAHÁ'Ó'LLAH.

Let us strive with all our powers in diffusing the spirit of love and real union among the people, so that all who are on earth become one family, loving, united, agreed, bound by the bonds of love, and united with all harmony in all things and conditions. For the universe is, in reality, but one great city full of beloved ones, divine and human, by nature endeared to each other.

ABDUL BAHÁ and ANON.

1. Let the good-will that is boundless, immeasurable, impartial, unmixed with enmity, prevail in thee.
2. Canopied with gentleness, thou shalt bless where others curse; love where others hate; forgive where others condemn; yield where others strive; give up where others grasp; lose where others gain. And in their strength they shall be weak; and in thy weakness thou shalt be strong.
3. To live in love is to work in joy. Love is the magic that transforms all things into power and beauty. Love is the one thing needful.
4. Verily, the attracting power of the love of God should so completely unite the hearts of men in love, that all hearts beat as a single heart; the arteries of all mankind should pulsate with the love of God, and the joys of spirituality should prevail over material pleasures.

November 25th.

Death is "a simple incident, a momentary break of unconsciousness between one hour and another".

CORA LINN DANIELS.

I made death for thee a glad-tidings: Why art thou in despair at its approach? BAHA'O'LLAH.

By death we come into a far closer, more intimate realization of God's presence, of His life in us, and our life in Him. W. T. STEAD.

For we all shall join Him, even you, every man and every human being. Not soon, not perhaps for centuries, but finally; and every moment of your time, and every impulse of good, by which we measure ours, brings each to the sweet, bright boundary, which, set like a wall of precious stone about the Throne, is inscribed forever and ever with the meaning: Holiness unto the Lord!

CORA LINN DANIELS.

1. These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb.
2. Therefore are they before the throne of God and serve Him day and night in His temple:
3. And He that sitteth on the throne shall dwell among them.
4. They shall hunger no more, neither thirst any more; neither shall the sun light on them, nor any heat.
5. For the Lamb which is in the midst of the throne shall feed them, and shall lead them unto living fountains of water:
6. And God shall wipe away all tears from their eyes.

1-6 *Rev.*

November 26th.

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself.

Matt. 22:37-39.

The Lord our God be with us, as He was with our fathers: Let Him not leave us, nor forsake us: That He may incline our hearts unto Him, to walk in all His ways, and to keep His commandments and His statutes and His judgments, which He commanded our fathers.

I Kings 8:57-58.

Ye shall walk in all the ways which the Lord your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days.

Deut. 5:33.

As ye have therefore received Christ Jesus the Lord, so walk ye in him; rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. *Col. 2:6-7.*

See that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is. *Eph. 5:15-17.*

If any of you lack wisdom, let him ask of God, that giveth to all men liberally and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering, for he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive anything of the Lord. A double-minded man is unstable in all his ways.

Jas. 1:5-8.

November 27th.

1. O give thanks unto the Lord; for He is good;
2. For His mercy endureth for ever.
3. It is good to bless God and exalt His name, showing forth with honor the works of God.
4. For all things proceed from Him;
5. And therefore, in all He is to be praised.
6. I will praise Him with all my heart;
7. And I will glorify His name for evermore;
8. For great is His mercy toward me.
9. I will sing of His power;
10. Yea, I will sing aloud of His mercy:
11. For He has been my defense and refuge in the day of my trouble.
12. He is my strength and my shield;
13. My heart trusted in Him, and I am helped:
14. Therefore my heart greatly rejoiceth;
15. And with my song will I praise Him.
16. Because His lovingkindness is better than life, my lips shall praise Him.
17. Thus will I bless Him while I live.
18. Yea, blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation.
19. From the rising of the sun unto the going down of the same the Lord's name is to be praised.
20. Praise our God, all ye servants, and ye that fear Him, both small and great.
21. For it is a good thing to give thanks unto the Lord, and to sing praises unto Thy name, O Most High;
22. To shew forth Thy lovingkindness in the morning, and Thy faithfulness every night.

1-2 *Chron.* 3 *TOBIT.* 4-5 *THOMAS À KEMPIS.* 6-19 *Ps.* 20 *Rev.*
21-22 *Ps.*

November 28th.

O God of our salvation, who art the confidence of all the ends of the earth. *Ps. 65:5.*

We must realize the whole world in Love; Love gives it birth, sustains it, and takes it back to its bosom.

For behind this world and its mysteries there is He whose name is Love, He who loves us heart to heart, He who is manifesting His love to us in a thousand ways, He the center and the heart of the world.

R. TAGORE and O. HUCKEL.

Whichever way we turn, there Love awaits us, for Love is always there first. W. J. WELCH.

Fed by Thy Love divine we live, for Love alone is Life. Seek in divine Love the remedy for all human discord.

MARY BAKER G. EDDY.

1. Even when we refuse to listen and to be guided, Love is ever here, knowing our needs, tenderly watching over our troubled days and hours. So that not even the sin of sins separates us from the transcendental world of His tender care, His unspeakable peace.
2. How wonderful and precious is this knowledge and certainty of the love of God!
3. For who will, and how can we doubt it?
4. We live in it. It is the greatest, the only real thing;
5. While the sins and sorrows of the earth-life will be one day but as shadows that flee away.

1 H. W. DRESSER. 4 W. T. STEAD.

November 29th.

Let not your heart be troubled: believe in God, and believe also in me. *John 14:1.*

Replace your doubting, restless, distrustful, faithless attitude to God by a trustful and confident faith in Him.

O. HUCKEL.

Faith full-fledged, soaring to the Horeb height, brings blessings infinite. MARY BAKER G. EDDY.

You ask for consolation; why, you are standing on the fountain's edge, though you will not stoop to drink. Peace and comfort will only be found in obedience.

You will receive according to your faith—much, if you believe fervently; nothing, if you go on heeding your foolish fancies. FENELON.

1. Doubt is paralyzing; it is the way of death.
2. Faith, belief, conviction, are vitalizing and are the way of life.
3. The tendency to depression—one that is apt to visit a sensitive nature not sufficiently identified with the life of God to counteract this tendency—should be resisted as vigorously as any form of positive vice.
4. It is the destructive force. Faith is constructive, and creates even that in which it believes.
5. The future is always moulded out of the inner thought and convictions.
6. Let one lift up his heart. Let him realize that it rests within his own choice to be a partaker of the divine life.

1-6 L. WHITING.

November 30th.

Holy, holy, holy, Lord, God, Almighty, which was, and is, and is to come. *Rev. 4:8.*

Ye are all the children of light, and the children of the day: Therefore let us not sleep, as do others; but let us watch and be sober. *I Thess. 5:5-6.*

Let us who are of the day be sober, putting on the breast-plates of faith and love; and for an helmet, the hope of salvation. *I Thess. 5:8.*

As He which hath called you is holy, so be ye holy in all manner of conversation. *I Pet. 1:15.*

Stand in dread of guilt, and deem the smallest offence great. DESATIR.

Be steadfast in prayer, and give alms; and whatever good ye send before for your own souls, ye shall find it with God, for God in all ye do doth see. *Koran.*

Fear God, and keep His commandments: For this is the whole duty of man. For God shall bring every work unto judgment, with every secret thing, whether it be good or whether it be evil. *Eccles. 12:13-14.*

Sanctify the Lord God in your heart. *I Pet. 3:15.*

Blessed are they that keep His testimonies, and that seek Him with the whole heart. *Ps. 119:2.*

The more you improve and develop, the brighter and more spacious becomes the pathway to the Kingdom.
ABDUL BAHA.

December 1st.

Let me die the death of the righteous, and let my last end be like his! *Num. 23:10.*

The purified righteous man has become a coin of the Lord, and has the impress of his king stamped upon him.

CLEMENT OF ALEXANDRIA.

Goodness and love mould the form into their own image, and cause the joy and beauty of love to shine forth from every part of the face. When this form of love is seen, it appears ineffably beautiful, and affects with delight the inmost life of the soul. SWEDENBORG.

If we desire a noble and holy life, and unceasingly pray to God for it, if we continue constant in this our desire, it will be granted unto us without fail even if only in the day or hour of our death; and if God should not give it to us then, we shall find it in Him in eternity. To all eternity it shall be better for us than if we had never had these aspirations. J. TAULER.

1. The crown of goodness lies upon each forehead.
2. The joy of goodness beams from each countenance;
3. The rest of goodness calms every expression;
4. The glorious strength and energy of goodness lead the way to ever-receding heights.
5. And "like the bud, the half-blown rose, the rose in its perfumed splendor, each beautiful and perfect in its stage, are those beings, who, not any more assuming the indefinitiveness of change, as in earthly life, are at all times perfect as to form, according to the glory within them".

1-5 CORA LINN DANIELS.

December 2nd.

Without me ye can do nothing. *John 14:5.*

It is good for me to draw near to God. *Ps. 73:28.*

I exhort, therefore, that first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; for kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God, our Saviour; who will have all men to be saved, and to come unto the knowledge of the truth. For there is one God and one mediator between God and men, the man Christ Jesus; who gave himself a ransom for all, to be testified in due time. *I Tim. 2:1-3.*

1. Lord, I know not what I ought to ask of Thee; Thou only knowest what I need;
2. Thou lovest me better than I know how to love myself.
3. O Father! Give to Thy child that which he himself knows not how to ask.
4. I dare not ask either for crosses or consolations; I simply present myself before Thee; I open my heart to Thee.
5. Behold my needs which I know not myself;
6. See, and do according to Thy tender mercy.
7. Smite, or heal; depress me, or raise me up;
8. I adore all Thy purposes without knowing them;
9. I am silent; I offer myself in sacrifice; I yield myself to Thee;
10. I would have no other desire than to accomplish Thy will.
11. Teach me to pray; pray Thyself in me. Amen.

1-11 FENELON.

December 3d.

When He slew them, then they sought Him; and they returned and inquired early after God. And they remembered that God was their Rock, and the High God their Redeemer. *Ps. 78:34-35.*

Our disappointments and ceaseless woes turn us like tired children to the arms of divine Love.

MARY BAKER G. EDDY.

It seems as if men spent their time pulling and tugging against the very laws that are their true life. It is right in its way—it means education, domination, progress.

CORA LINN DANIELS.

When we take into account the great height to which we have to ascend, all that we must know and be, we see that the end justifies the means. H. W. DRESSER.

When thou findest the way to the kingdom, the earthly world shall be of no account; and when thou art illumined the darkness will not affect thee. ABDUL BAHA.

Give me the strength lightly to bear my joys and sorrows. Give me the strength to make my love fruitful in service. Give me the strength to raise my mind high above daily trifles. And give me the strength to surrender my strength to Thy will with love. R. TAGORE.

To lose self that one may find it is the essence of spiritual healing; for invariably there is too great consciousness of self whenever there is illness and trouble. When this higher consciousness comes—the intuition of life's wholeness, its beauty, its system and meaning—there comes with it a sense of contentment, of joy in existence, which nothing can destroy, and heart, mind and body are healed by recognition of one's union with the spirit and love of God. H. W. DRESSER.

With joy shall ye draw water out of the wells of salvation. *Isa.* 12.

You seem, as long as you live, to be subject to mutability, even against your will; now merry, another while sad; one while quiet, another while troubled, now devout, then indevout; now diligent, then listless; now grave and then light, [in correspondence with your health, surroundings and impressions]. THOMAS À KEMPIS.

Not that your present life lacks joy; it is all joy, but you have to fight with imperfections. B. KING.

The greatest happiness lies in the happiness of others.
ABDUL BAHÁ.

If in these visible days and present world, matters appear from the Realm of Decree contrary to your wish, be ye not depressed; for happy and Divine days shall come and spiritual worlds of holiness shall become manifest, were ye to exchange the garment of mortality and enter the station of the paradise of God. BAHA'O'LLAH.

December 5th.

There is no real life but cheerful life. J. ADDISON.

Living . . . should be an exuberant joy. H. WOOD.

Live the joy-life all the time. The more you live it, the easier it will be to live it. NAUTILUS.

There is no serving God in unhappiness when the unhappiness is of our own making. But let us serve Him in the sunshine while He makes the sun shine.

F. W. FABER.

Rejoice always in the Lord; and give thanks at the remembrance of His holiness. Be ready to the rewards of the Kingdom, for the everlasting light shall shine upon you for evermore. Flee the shadow of this world, receive the joyfulness of your glory. O receive that which is given you of the Lord, and be joyful, giving thanks unto Him that has called you to His heavenly Kingdom.

Ps. and Esdras.

1. Live the joy-life of the Spirit, not the sorrow-life of the flesh;
2. Never be down-hearted, but forever rejoice.
3. Rejoice that you can rejoice, that you may rejoice.
Rejoice day by day more abundantly.
4. Life should increasingly become a luxury, and not a tale of woe to be endured.
5. Human hope and faith should join in nature's grand harmony, and, if on minor key, make music in the heart.
6. And the weeds of melancholy, and asceticism as well, should be given no soil nor moisture.

1 H. FLETCHER. 3 U. N. GESTEFELD. 4 H. WOOD. 5 MARY BAKER G. EDDY. 6 H. WOOD.

December 6th.

Let your face be bright and open, and be a treasure to the poor and needy. BAHA'O'LLAH.

Give, and it shall be given you. *Luke 6:38.*

To him that knoweth to do good, and doeth it not, to him it is sin. *Jas. 4:17.*

1. Giving does not impoverish us in the service of our Maker, neither does withholding enrich us.
2. Verily, it is more blessed to give than to receive.
3. It is not a favor to contribute, but a blessing to be allowed to give for a good purpose.
4. Be ready, therefore, always to every good work;
5. And when asked, give the little you have.
6. Give to every one that asks you, and ask not back, for the Father wills that from His own blessing you should give to all, not calling anything your own.
7. Therefore turn not away your face from any poor man, and then the face of God shall not be turned away from you.
8. O you who are wealthy on earth! The poor among you are His trust; therefore guard His trust, and be not wholly occupied with your own ease.
9. And you that are poor! Work that which is good, and of your labors, which God gives you, give to all that are in want freely, not questioning to whom you shall give, and to whom you shall not give; give to all; for to all God desires that there should be given of His own bounties.
10. They then that receive shall render an account to God why they received it, and to what end.

1 MARY BAKER G. EDDY. 2 *Acts.* 3 ABDUL BAHA. 4 *Tit.* 5 BUDHA. 6 THE TEACHINGS OF THE APOSTLES. 7 TOBIT. 8 BAHA'O'LLAH. 9-10 ST. HERMAS.

December 7th.

1. In times of trouble, in the consideration of all difficult questions, and in the endeavor to help a fellow-man, there is just this one direct method, namely, to seek the Spirit, to dwell with it, cleave to it, abide by it, awaiting its silent emphasis of the right, until the outer life shall respond to this central purpose within.
2. There is guidance for each soul.
3. It is only necessary to put one's self in the right attitude, and then to be faithful to each specific prompting.
4. For within and behind, around and through every human life, and every detail of each human experience there is an all-sufficient Spirit, an ever-sustaining Love, an all-seeing Wisdom. Cease, therefore, to fear and be anxious.
5. See how all is affected by what you think, what you are, and what you do. Ask what is wisest, then be true to that.
6. Simply do the best you know, then trust.
7. For he who seeks to live by the Spirit and who cares above all for that, will not be without guidance.
8. Everyone, indeed, should become as a little child. He should open mind and heart, open the entire organism to receive.
9. He should transfer his attention, little by little, from self and from sensation to the Spirit, and if there is any discord, the ministrations of the Spirit will relieve it.
10. For the Spirit is here. It is wisdom and goodness; it is love and beauty; why need we distrust?
11. Only goodness can triumph, only love can reign.

December 8th.

Be clothed with humility: For God resisteth the proud and giveth grace to the humble.

Humble yourselves, therefore, under the mighty hand of God, that He may exalt you in due time.

I Pet. 5:15-6.

1. Man is uplifted to the heaven of glory and power through meekness; again, through pride, is he degraded to the lowest station.
2. As children of God be, therefore, pliable and lowly, not arguing, not heeding self, ready for everything, and cleaving to nothing, ready to be high or low, praised or blamed, useful or useless, trusted or suspected.
3. Do nothing through strife or vainglory; but in lowliness of mind let each esteem the other better than themselves.
4. Look not every one on his own things, but every man also on the things of others.
5. Let this mind be in you which was also in Christ Jesus: who being in the form of God, thought it not robbery to be equal with God:
6. But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:
7. And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.
8. Wherefore God also hath highly exalted him, and given him a name which is above every name:
9. That at the name of Jesus every knee should bow, of things in heaven, and things on earth, and things under the earth.

December 9th.

Be faithful in all things. *I Tim. 3:11.*

He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much. *Luke 16:10.*

Be thou faithful unto death, and I will give thee a crown of life. *Rev. 2:10.*

Giving no offense in anything: but in all things approving ourselves as the ministers of God, by pureness, by knowledge, by long suffering, by kindness, by the Holy Ghost, by love unfeigned, by the word of truth, by the power of God, by the armour of righteousness on the right hand and on the left: as deceivers, and yet true; as unknown, and yet well known; as dying, and behold, we live; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things. *II Cor. 6:3-10.*

1. Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.
2. Let us hold fast the profession of our faith without wavering; for He is faithful that promised.
3. And let us consider one another to provoke unto love and to good works;
4. Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another:
5. And so the much more, as ye see the day approaching.

1-5 *Heb.*

December 10th.

Blessed are they that hear the word of God, and keep it.
Luke 11:28.

Continue thou in the things which thou hast learned and hast been assured of. *II Tim. 3:14.*

Precept must be upon precept, precept upon precept; line upon line, line upon line; here a little and there a little. *Isa. 28:10.*

The word preached did not profit them, not being mixed with faith in them that heard it. *Heb. 4:2.*

Take heed what ye hear: With what measure ye mete, it shall be measured to you: and unto you that hear shall more be given. *Mark 4:24.*

The Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.
Heb. 4:12.

Do not My words do good to him that walketh uprightly? *Micah. 2:7.*

Words are the physicians of a mind diseased.

AESCHYLUS.

The gift of the word of spirit exceeds all gifts. The sweetness of the word of spirit exceeds all sweetness; the delight in the word of spirit exceeds all delights.

BUDDHA.

December 11th.

With the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For the Scripture saith, Whosoever believeth on Him shall not be ashamed. For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon Him. For whosoever shall call upon the name of the Lord shall be saved. *Rom. 10:10-13.*

1. The blessings of salvation are made free to all . . . ; and it is the immediate duty of all to accept them by a cordial, penitent and obedient faith. Nothing prevents the salvation of the greatest sinner on earth but his own inherent depravity and voluntary rejection of the Gospel.
2. Having given us the power to believe, God justly commands us to use it; and what a damnation does not the sinner deserve who refuses to accept pardon and holiness and heaven on terms so easy!
3. It is the refusal to believe that God loves us which is the unbelief that imperils the soul. For faith is not a belief that we are saved, but that we are loved.
4. Believe, therefore, and accept, O sinner, the love and mercy of the Lord, whose grace is infinite and the sea of whose gift is boundless: By faith take the promises. Live upon them, not upon emotion. Remember, feeling is not faith. Faith grasps and clings to the promises.
5. If you were to spend a month feeding on the precious promises of God, you would not be going about with your head hanging down, but you would lift it up with confidence, and proclaim the riches of His grace because you could not help it.

December 12th.

Ye are strangers and sojourners with me. *Lev. 25:23.*

The time is short; it remaineth that both they that have wives be as though they had none; and they that weep, as though they wept not; and they that rejoice, as though they rejoiced not; and they that buy, as though they possessed not; and they that use this world, as not abusing it; for the fashion of this world passeth away.
I Cor. 7:29-31.

There remaineth a rest to the people of God. *Heb. 4:9.*

They that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever. *Dan. 12:3.*

Nothing is lost, and all our toil, study and self-discipline have been storing the soul with material which, when freed from the fetters of earth, in that life of larger opportunities, will unfold to blessed use. J. F. CLARKE.

The spirit, now deprived of all tendency to evil, is yet conscious of his past, the opportunities he has missed, the joys he might have had and won, and the approval of God which might have been his. CORA LINN DANIELS.

See the universe as one, see it as living, see it as vibrant with the Divine passion of its Maker; see every bud and bird as an expression of a tenderness to which no detail is too small, as no system of suns is too vast for its solicitude, and see yourself in this world unlimited, undying and unafraid. B. KING.

December 13th.

Believe in the Lord your God, so shall ye be established.
II Chron. 20:21.

Despise doubtfulmindedness and gain the mastery over it in everything, clothing yourself with faith which is strong and powerful.

For faith promises all things, accomplishes all things.
ST. HERMAS.

How easy it is to tap the well—springs of Divine Power! They lie within your own heart, at your very door. You need nothing but faith to stretch out your hand and take this living water. Drink it not on rare occasions, but as your daily refreshment. Draw upon the water of life each day for your every need of soul and of mind and of body. You will accomplish this by faith, aided by imagination. The Divine fount of healing and of inspiration is constantly beside every human soul. M. B. WALLACE.

1. Faith, which is life eternal, is the sign of bounty and not the result of justice.
2. The flame of the fire of love in this world of earth and water comes through the power of attraction and not by effort and striving.
3. The loss (or lack) of faith and assurance is blame-worthy;
4. For then the soul is overwhelmed by man's desires and passions, which deprive him of these blessings and prevent him from feeling the power of attraction of the love of God.

December 14th.

It is good to be zealously affected always in a good thing. *Gal. 4:18.*

1. Make not light of any matter; but speak in truthfulness and sincerity.
2. Defile not the tongue with cursing or execrating any one and guard thine eyes against that which is not worthy.
3. Be not self-willed, not soon angry, not given to wine, no striker, not given to filthy lucre; but a lover of hospitality, a lover of good men, sober, just, holy, temperate.
4. Study to prove thyself approved unto God, a workman that needeth not to be ashamed.
5. Be simple in heart and rich in spirit.
6. Hate everything which is not pleasing to God.
7. Love thy neighbor above thy life.
8. Be humble and meek in the presence of the beloved of God; make thyself the servant of all, and serve all alike.
9. To serve by looking after the sick is one of the greatest duties.
10. To every soul who becomes sick, thou as a friend shouldst certainly offer the life of service in the utmost kindness.
11. And whatever thou doest, do it heartily, as to the Lord, and not unto men.
12. Knowing that of the Lord thou shalt receive the reward of the inheritance: For thou servest the Lord.
13. He that doth wrong shall receive for the wrong which he hath done; and there is no respect of persons.

1-2 BAHÁ'O'LLÁH. 3-4 *Til.* 5-7 ST. BARNABAS. 8-10 ABDUL BAHÁ
11-13 *Col.*

December 15th.

1. Ye shall rejoice in all that ye put your hand unto and shall be happy.
2. For God created you in mercy.
3. Had He not intended you to be happy, His beneficence would not have called you into existence.
4. How dare you, then, to fly in the face of His majesty?
5. Whilst you are most innocently happy you do Him most honor.
6. And what is your despondency but murmuring against Him?
7. "All joy, beauty and gladness, the sufficiency of all good things, are for you.
8. Reach out", then, "your hand to take them unto you".
9. Break off depressed feelings by bright, hopeful, resolute optimism, which will quickly produce its corresponding feelings.
10. Strangle every doubt as you would a viper threatening your life.
11. Never talk, think or write of your poverty, or unfortunate condition.
12. Cut out of your life all thought that limits, hampers, dwarfs and darkens it.
13. These are ghosts of fear; the Creator never made them or intended them to haunt or torment you. He made us for happiness, for joy, for conquest over our environment.

1 *Deut.* 2-6 KOTHUMI. 7-8 U. N. GESTEFELD. 9 E. TOWNE. 10-13 O. S. MARDEN.

December 16th.

The silver is Mine and the gold is Mine, saith the Lord of Hosts. *Hag. 2:8.*

God took care of the universe before you were born, and God can take care of the universe after you are dead. Let us be content to do our own work and let everything else go.

I do the little I can do,
And leave the rest to God. ANON.

All I have seen, teaches me to trust the Creator for all I have not seen. R. W. EMERSON.

From Goodness only good can emanate. Fear not; the end shall be full of sweetness. O. KHAYYAM.

The natural evolution of the emancipated mind is dominant calm, varied by seasons of exaltation, but never of depression. It is a healthful succession of energy and rest, all blessed with loving appreciation, which finds expression in ever-present gratitude. H. FLETCHER.

1. Dear restless heart, be still; don't fret and worry so:
God has a thousand ways His love and help to show;
Just trust, and trust and trust, until His will you know.
2. Dear restless heart, be still; for peace is God's own smile,
His love can every wrong and sorrow reconcile;
Just love and love and love, and calmly wait a while.
3. Dear restless heart, be brave; don't moan and sorrow so;
He has a meaning kind in chilly winds that blow;
Just hope and hope and hope, until you braver grow.

1-3 S. LINN.

December 17th.

When we see with God's eyes on the world about us, we will pronounce all things good; we will know that from first to last all things have been working together for our perfect development; and that God's law when fully understood is the law of love. C. B. PATTERSON.

God is taking care of each child of His love, [that is, of all of us], whether the child knows it and admits it or not; but once positively admitting and accepting it, we can rest in the consciousness of it as securely as a baby bird nestles under its mother's wings. K. W. BUCK.

1. The Lord is good, a stronghold in the day of trouble;
2. And He knows them that trust in Him.
3. He knows you and the trials of your heart;
4. He knows what is in you, all your peculiar feelings and thoughts, your dispositions and likings, your strength and your weakness.
5. He interests Himself in all your anxieties and your remembrances, in all the risings and fallings of your spirit.
6. He compasses you round, and bears you in His arms.
7. You do not love yourself better than He loves you.
8. You cannot shrink from pain more than He dislikes your bearing it;
9. And if He puts it on you, it is as you will put it on yourself, if you are wise, for a greater good afterwards.
10. For He is a God full of compassion, and gracious, long-suffering and plenteous in mercy and truth.

December 18th.

Never mistrust the faithful Friend who will never fail you, often as you fail Him. FENELON.

Rise into the blessed assurance that everywhere and forever you are enfolded, penetrated, guarded, guided, kept, by the power of the Father, who can never forsake you.

W. E. CHANNING.

Strive to see God in all things without exception, and acquiesce in His will with absolute submission. Do everything for Him, uniting yourself to Him by a mere upward glance, or by the overflowing of your heart towards him. Do not be in a hurry; do everything quietly and in a calm spirit. Do not lose your inward peace for anything whatsoever, even if the whole world seems upset. Commend all to God, and then lie still and be at rest in Him. Whatever happens, abide steadfast in a determination to cling simply to God, trusting in His eternal love for you; and if you find that you have wandered forth from this shelter, recall your heart quietly and simply. Maintain a holy simplicity of mind, and do not smother yourself with a host of cares, wishes or longings, under any pretext.

ST. FRANCIS DE SALES.

1. Fear thou not; for I am with thee;
2. Be not dismayed, for I am thy God: I will strengthen thee; yea, I will help thee, saith the Lord.
3. Be strong, therefore, and of good courage, fear not:
4. For the Lord, thy God, He it is that doth go with thee;
5. He will not fail thee, nor forsake thee.
6. Only trust in Him and rely upon Him, be attached to Him and cling to Him.

1-2 *Isa.* 3-5 *Deut.* 6 ABDUL BAHÁ.

December 19th.

The eternal God is your refuge, and underneath are the everlasting arms. Therefore take heed, and be quiet; fear not, neither be faint-hearted. *Deut. and Isa.*

Rely upon God, for God is guardian enough. *Koran.*

Throw yourself into His arms in spite of yourself.

FENELON.

Rely upon Him, verily, God loves those who do rely.

Koran.

Trust in Him with all your heart. *Prov.*

1. Trust in that good Father in heaven, whose love sent you into the world and gave you the priceless blessing of life.
2. Trust Him, for He is your Father. Whatever else He is, He is that; He has bid you call Him that, and He will hear you.
3. If you forget that He is your Father, you forget him, and worship a false God of your own invention.
4. Trust in God is the only real worship of God. Our confidence is our religion. It is the sweetness of life.
5. It is worth our while to have lived if it were only to have the delight of trusting in God.
6. Many aim at perfection, and few attain it.
7. In almost every case the reason of the failure is the want of confidence in God.
8. We acquire confidence in God by exercising confidence.
9. It produces itself, and multiplies itself, while it strengthens itself.

1-3 C. KINGSLEY. 4-9 F. W. FABER.

December 20th.

1. Remember me, O Lord, with the favor that Thou bearest unto Thy people: O visit me with Thy salvation;
2. That I may see the good of Thy chosen, that I may rejoice in the gladness of Thy nation, that I may glory with Thine inheritance.
3. For Thou, O Lord, art my God, my refuge and help; I shall not be confounded:
4. I have set my face like a flint; I know that I shall not be ashamed.
5. For, behold, Thou art mine helper; Thou art my salvation; I will trust and not be afraid:
6. Lo, Thou art my God; I have waited for Thee, and Thou wilt save me:
7. Thou art the Lord; I have waited for Thee, I will be glad and rejoice in Thy salvation.
8. Thou art my refuge and strength, a very present help in trouble. Therefore will I not fear.
9. Truly, my soul waiteth upon Thee; for Thou only art my Rock and my salvation;
10. Thou art my defense; I shall not greatly be moved.
11. And although I should be afraid and troubled, yet in the multitude of my thoughts within me Thy comforts and Thy presence delight my soul.
12. For, lo, I am continually with Thee: Thou hast holden me by my right hand. Thou shalt guide me with Thy counsel, and afterward receive me to glory.
13. Whom have I in heaven but Thee? And there is none upon earth that I desire beside Thee.
14. My flesh and my heart faileth: But Thou art the strength of my heart, and my portion for ever.

December 21st.

Let not mercy and truth forsake thee: Bind them about thy neck; write them upon the table of thine heart.

Prov. 3:3.

The good, though only thought, has life and breath.

ANON.

Let a man cease from his sinful thoughts, and all the world will soften towards him, and be ready to help him; let him put away his weakly and sickly thoughts and lo! Opportunities will spring up on every hand to aid his strong resolves; let him encourage good thoughts, and no hard fate shall bind him down to wretchedness and shame. JAMES ALLEN.

1. All [you] actually are is what [you] think.
2. Indeed, "your thought is yourself and goes with you wherever you go".
3. Each thought has an invisible influence. It is a power.
4. And "if your habitual thoughts are pure, ennobling, trustful, intellectual, free from low or mean intentions, selfish aims, false hopes, false theories, frivolous, inane and silly devices and amusements; if courage and integrity, honor, charity, chastity, tenderness, sympathy, righteousness occupy your mind, you send out from [you] a strong, steady, positive force for good, clearing the moral [and spiritual] atmosphere about you".
5. Those who make for righteousness in their inner lives—the lives not uttered at all, perhaps, to their neighbors—do more [than anything else] to make a community equable, contented, healthful, prosperous, cultivated, open-handed and honest.

1-5 CORA LINN DANIELS.

December 22nd.

The human soul is on its journey from the law to love, from discipline to liberation, from the moral plane to the spiritual. R. TAGORE.

Whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

Jas. 1:25.

Unto the pure all things are pure: but unto them that are defiled, and unbelieving is nothing pure; but even their mind and conscience is defiled. *Tit. 1:15.*

Enjoying good things is not evil, but becoming slaves to pleasure is. MARY BAKER G. EDDY.

1. Ye are like unto a bird which, with all joy and fragrance soars with the utmost security in the cheerful air of the Praised One.
2. Then in the hope of grains it inclines toward the mud and water of the earth, and, with all eagerness, besmears itself with dust and mire.
3. Then when it attempts to reascend it finds itself unable and a captive, for as much as wings besmeared with water and clay are not capable of flight.
4. At that time that bird of the exalted heaven finds itself a dweller in the mortal earth.
5. Now, O servants, do not besmear your wings with the mire of heedlessness and imagination and the earth of animosity and rancor, so that ye be deprived and prevented from soaring in the sacred heaven of knowledge.

1-5 BAHÁ'O'LLAH.

December 23d.

Love your enemies, bless them that curse you, do good to them that hate you, and pray for them that spitefully use you and persecute you. *Matt. 5:44.*

Be not overcome of evil, but overcome evil with good.
Rom. 12:21.

Be not weary in well doing. *II Thess. 3:13.*

So speak ye, and so do as they that shall be judged by the law of liberty. For he shall have judgment without mercy, that hath shewed no mercy; and mercy rejoiceth against judgment. *Jas. 2:12-13.*

The fruit of the human tree is the love of God; it is the love of humankind; it is to wish good for all the people of the earth; it is service of humanity; it is truthfulness and honesty; it is virtues and good morals; it is devotion to God; it is education of souls. Without these the human tree is only wood. *ABDUL BAHA.*

Cleanse your hands, ye sinners; and purify your hearts, ye double-minded. Be afflicted and mourn and weep: let your laughter be turned to mourning, and your joy to heaviness. Humble yourselves in the sight of the Lord, and He shall lift you up. *Jas. 4:8-10.*

No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. *Matt. 6:24-26.*

The path of the just is as the shining light, that shineth more and more unto the perfect day. *Prov. 4:18.*

December 24th.

To do good and to communicate forget not: for with such sacrifices God is well pleased. *Heb. 13:16.*

No deed of man is greater before God than helping the poor. *ABDUL BAHA.*

Let us not be weary in well doing: for in due season we shall reap, if we faint not. And while we have the opportunity, let us do good unto all men, especially unto them who are of the household of faith. *Gal. 6:9-10.*

1. No life is really happy until it is helpful, is really successful until it is radiant with joy and gladness, the gladness of good cheer, of good will toward everybody, of the spirit of brotherhood toward all men.
2. He who is stingy of his sympathy, of his helpfulness, of his praise and appreciation, pinches, starves and strangles his own nature. It is the generous giving of ourselves [and of that which is ours] that produces the generous harvest.
3. To give much is to have much.
4. Charity giveth itself rich. Covetousness hoardeth itself poor.
5. Yea, that which is given in charity is rich in returns; therefore charity is a true friend; although it scatters, it brings no remorse.
6. The real treasure is that laid up through charity and pity, temperance and self-control; the treasure thus hid is secure, and passes not away.
7. Though he leaves the fleeting riches of the world, this a man carries with him—a treasure that no wrong of others, and no thief can steal.

1-2 O. S. MARDEN. 3 G. KLEISER. 4 O. S. MARDEN. 5-7 BUDDHA.

December 25th.

The grace of God that bringeth salvation hath appeared to all men; teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously and godly, in this present world; looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous for good works.

Titus 2:11-14.

1. God so loved the world, that He gave His only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.
2. If God, then, be for us, who can be against us? And He that spared not His Son, but delivered him up for us all, how shall He not with him also freely give us all things?
3. Who shall lay anything to the charge of God's elect? It is God that justifieth. Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.
4. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? Nay, in all these things we are more than conquerors through him that loved us.
5. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

December 26th.

Great is the Lord, and greatly to be praised.

Oh, how great is His goodness, which He hath laid up for them that fear Him.

Which He hath wrought for them that trust in Him before the sons of men. *Chron. and Ps.*

The Lord giveth quietness of heart, and great peace, and festive joy. He maketh us to think well of all circumstances, and in all to praise Him.

THOMAS À KEMPIS.

1. I will praise the Lord; for He is good;
2. I will sing praises unto His name; for it is pleasant.
3. I will glorify Him, in whose hand my breath is, and whose are all my ways.
4. I will give thanks unto the God of heaven.
5. For His mercy endureth forever.
6. I will sing aloud unto God, my strength:
7. And make a joyful noise unto the God of Jacob.
8. My meditation of Him shall be sweet:
9. I will be glad in the Lord.
10. For He is my God, and I will praise Him;
11. He is my God, I will exalt Him.
12. I will bless the Lord:
13. For He hath showed me His marvellous kindness;
14. And I will declare what He hath done for my soul.
15. Yea, at all times will I bless the Lord:
16. His praise shall continually be in my mouth;
17. While I live will I praise the Lord:
18. And I will sing praises unto my God while I have any being.

1-2 *Ps.* 3 *Dan.* 4-18 *Ps*

December 27th.

Though our outward man perish, yet the inward man is renewed day by day; for our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal; but the things which are not seen are eternal. *II Cor. 4:17-18.*

What will it be to us when we get there, "endowed with the glory of [our] inner powers, that for a few brief earthly years [we] suffered to bring those powers into condition, force them into action, and accomplish [our] work"? CORA LINN DANIELS.

1. All things, though almost unbearable they may seem to be, work together for our salvation and eternal welfare.
2. The particular annoyance which befell us this morning; the vexatious words which met our ear and grieved our spirit; the disappointment which was God's appointment for to-day; the slight, but hindering ailment; whatever this day seemeth not joyous, but grievous, is linked in the good pleasure of His goodness with a corresponding afterward of peaceable fruit, the very seed from which, if we only do not choke it, this shall spring and ripen.
3. And if we could see beforehand what it is that our heavenly Father means us to be,—the soul-beauty and perfection and glory, the glorious and lovely spiritual body that this soul is to dwell in through all eternity,—if we could have a glimpse of this, we should not grudge all the trouble and pains He is taking with us now, to bring us up to that ideal, which is His thought of us.

December 28th.

Be full of joy to such an extent that in whatever meeting you enter, those present may be permeated with a spirit of heavenly blessedness. ABDUL BAHA.

Gladness is the life of man. *Ecclesiasticus.*

To be glad that you are inhabitants of this beautiful universe and have a right to enjoy all the glories of nature, and to think right, to stop worrying, to breathe joy is to have abundant life.

There is no one thing that will do so much for the life, for health, for happiness, as the cultivation of the cheerful habit, the habit of flinging out one's joy and gladness everywhere, radiating good cheer. O. S. MARDEN.

I do not know of any way so sure of making others happy as being so one's self. ANON.

Life can never become a burden to those who, in all the freshness and enthusiasm of healthy thought, awaken each morning to look out upon another day, eager to know what new mystery it holds. H. W. DRESSER.

1. As we normally require a psychic atmosphere of joy, harmony and love as much as we need a physical atmosphere of fresh air, let us think joyful thoughts, let us think loving thoughts;
2. Let the elixir of good will course through our veins.
3. We will then have found the best possible medicines.
4. For happiness is a great healer to those who are ill.

1 S. D. KIRKHAM. 2-3 JAMES ALLEN. 4 ABDUL BAHA.

December 29th.

We are strangers before Thee, and sojourners, as were all our fathers: Our days on the earth are as a shadow, and there is none abiding. *I Chron. 29:15.*

We know that if our earthly house of this tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens. *II Cor. 5:1.*

Blessed be the God and Father of our Lord Jesus Christ, which according to His abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead. To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you, who are kept by the power of God through faith unto salvation ready to be revealed in the last time. *I Pet. 1:3-4.*

1. Lord, Thou hast been our dwelling place in all generations.
2. Before the mountains were brought forth, or ever Thou hast formed the earth and the world, even from everlasting to everlasting, Thou art God.
3. Thou turnest man to destruction, and sayest, Return ye children of men.
4. For a thousand years in Thy sight are but as yesterday when it is past, and as a watch in the night.
5. Thou carriest them away as with a flood; they are as a sleep: In the morning they are like grass which groweth up. In the morning it flourisheth; in the evening it is cut down and withereth.

1-5 *Ps.*

December 30th.

Blessed are the dead which die in the Lord from henceforth; yea, saith the Spirit, that they may rest from their labors; and their works do follow them.

Rev. 14:18.

There can never be full knowledge of what the Spirit life is. There can be approximate knowledge; enough to embue humanity with newer and higher aims, and different and more righteous ambitions.

When it is fully believed that one's standing in Spirit life absolutely depends upon the righteousness of one's character, and that a lack of righteousness is the lack of every possible advantage, men will be as anxious to accumulate goodness as now they are to accumulate wealth. . . . Goodness is wealth. CORA LINN DANIELS.

1. The first thrill of life after death may be a terrible agony of remorse.
2. Then, for the first time, perhaps, comes to the soul a consciousness of what it is, and what it might have been.
3. You will enter this life just what you make yourself.
4. If you allow your spirit to be cramped, dwarfed and sin-stained, you will find yourself crippled, weak and impure, unfit for the companionship of the good, and unable to enjoy the spiritual life until you have atoned by long struggle.
5. If you persistently resist temptation and hurtful shadows and keep your soul receptive for all purifying, inspiring influences, your fitness to receive them will increase, and you will enter there prepared for higher development and purer joys.

1-5 J. F. CLARKE.

December 31st.

What is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away.

Jas. 4:14.

Man that is born of a woman is of few days, and full of trouble. He cometh forth like a flower, and is cut down: He fleeth also as a shadow, and continueth not.

Job 14:1-2.

Take ye heed, watch and pray: for ye know not when the time is. *Mark 3:33.*

I know that the day will come when my sight of this earth shall be lost, and life will take its leave in silence, drawing the last curtain over my eyes.

Yet stars will watch at night, and morning rise as before, and hours heave like sea waves casting up pleasure and pain. R. TAGORE.

Our whole life is given us with the object of going boldly on towards the heavenly home.

The world slips away like a deceitful shadow, and eternity draws near; why delay to push forwards? While it is time, while your merciful Father lights up your path, make haste and seek His Kingdom. FENELON.

O that they were wise, that they understood this, that they would consider their latter end. *Deut. 33:29.*

Looking back the way we've come,
What a sight, O Lord, we see!
All the failures in ourselves,
All the love and strength in Thee.
Yet it seemed so dark before—
Would that we had trusted more!

ANON.

PRAYER.

1. Heavenly Father, Thou art my refuge day by day.
2. To whom shall I turn but to Thee, the Loving, the Merciful, and the All-Powerful?
3. Thou art ever-present, and Thou art always with me, Thy child.
4. I thank Thee for Thy loving kindness, for life and strength, for light and guidance, and for all the riches of goodness of Thy mercy towards me.
5. Forgive me, O Father, my ingratitude, my selfishness, my hourly transgressions in thought and deed.
6. Cleanse me from all my sins; take away my old self, my sinful inclinations, my doubts and fears, and give me Thy Spirit, O Lord.
7. Let me see Thy light and feel Thy love, that my heart may be filled with gladness, and that I may radiate the sunshine.
8. Let me be entirely Thine, O Father; occupied in thinking of Thee, inflamed by the fire of Thy love and separated from all except Thee.
9. And I pray Thee, Father, to make me kind, very kind; teach me the life of love.
10. Look with tenderness upon those that are dear to me and fill their cup with happiness.
11. Bless us all this day, everybody on earth and in heaven, and lead us all into the serene and heavenly ways of peace.
12. My self, my life, my work, my will, my all I surrender to Thee.
13. I trust in Thee, my hope is in Thee, for Thou art Love and Thine is the power forever. Amen.

7 ANON. 8 ABDUL BAHA. 9-10 ANON.

LIST OF AUTHORS

- ABBOTT, LYMAN, author of "The Great Companion," etc., 90, 103, 104, 119, 128, 205, 227, 267, 350.
- ABDUL BAHA, Abbas, "Tablets," etc., 2, 6, 8, 9, 10, 11, 14, 15, 17, 20, 22, 24, 25, 26, 28, 29, 31, 35, 36, 38, 40, 41, 42, 45, 48, 49, 51, 52, 53, 55, 58, 59, 60, 61, 62, 63, 67, 68, 70, 71, 76, 77, 78, 80, 81, 82, 87, 89, 94, 95, 97, 98, 102, 105, 106, 108, 109, 110, 111, 114, 115, 116, 117, 119, 121, 126, 129, 130, 135, 137, 138, 140, 141, 147, 149, 150, 151, 152, 158, 159, 160, 161, 165, 168, 170, 171, 172, 174, 175, 176, 179, 180, 181, 187, 188, 189, 192, 195, 199, 201, 202, 203, 208, 209, 221, 224, 225, 228, 230, 231, 232, 236, 238, 240, 241, 245, 249, 250, 251, 253, 256, 257, 259, 260, 261, 262, 266, 267, 271, 273, 274, 280, 283, 284, 288, 292, 300, 301, 302, 303, 306, 310, 312, 315, 324, 325, 328, 334, 337, 338, 340, 345, 347, 348, 352, 357, 358, 362, 366.
- ACTS, of the Apostles, 20, 85, 124, 136, 137, 166, 167, 197, 215, 217, 231, 264, 312, 338, 340.
- ADDISON, JOSEPH, 339.
- AESCHYLUS, 344.
- ALBEE, MRS. HELEN R., 55.
- ALLEN, JAMES, author of "As a Man Thinketh," Thomas Y. Crowell Company, New York, publishers, 35, 54, 59, 86, 97, 120, 139, 163, 170, 191, 270, 274, 299, 308, 313, 328, 355, 362.
- AMIEL, H. FREDERIC, 247.
- AMOS, 25, 63, 235, 270, 286.
- APPEL, J. H., 131.
- APOSTLES, The Teachings of the, 249, 340.
- ARISTOTLE, 178.
- ARNOLD, EDWIN, 210.
- ATKINSON, W. W., 121.
- AUGUSTINE, ST., 85, 184, 187, 198, 237.
- AURELIUS, MARCUS, 43, 50, 156. 207, 249, 299.
- BADGAVAT GITA, 4, 195.
- BAHA'O'LLAH, "The Hidden Words," "The Book of Ighan," etc., 3, 6, 12, 35, 46, 47, 60, 61, 63, 65, 67, 82, 85, 91, 97, 108, 109, 110, 116, 123, 127, 139, 147, 155, 167, 170, 180, 182, 185, 187, 190, 198, 215, 217, 220, 227, 230, 231, 232, 234, 236, 259, 270, 282, 283, 285, 288, 290, 292, 303, 316, 318, 324, 328, 329, 338, 340, 342, 348, 356.
- BAKER, R. S., 206.
- BAIN, J. L. M., 20, 39.

- BALZAC, HONORE DE, 223, 246.
BAPTIST MANUAL, 345.
BARNABAS, ST., 196, 348.
BARNES, WALTER, 248.
BAXTER, RICHARD, 86.
BAYMA, P., 131.
BEECHER, HENRY WARD, 31, 93, 199, 299.
BENSON, A. CHRISTOPHER, author of "Thy Rod and Thy Staff," etc.,
G. P. Putnam's Sons, New York and London, publishers, 29, 79,
98, 159, 218, 223, 234, 238, 269, 272, 281, 297, 312.
BERNARD, ST., 237.
BINNS, H., 243.
BLACK, HUGH, author of "Happiness," etc., Fleming H. Revell Com-
pany, New York, publishers, 79, 159, 200, 293.
BOEHME, JACOB, 229.
BOETHIUS, A. M., 299.
BONAR, HORACE, 196.
BOREE, O. N., 122.
BRADY, W., 11.
BROOKS, PHILLIPS, 28, 165, 174, 222.
BROWNING, ROBERT, 19.
BUCK, K. W., 351.
BUKE, R. M., 81.
BUDDHA, 6, 20, 31, 39, 64, 97, 98, 134, 180, 185, 194, 235, 240, 269, 287,
300, 328, 340, 344, 358.
BUENDERLIN, JOHANN, 237.
BUSHNELL, HORACE, 41, 313.
CADY, E., 306.
CARLYLE, THOMAS, 86.
CATHERINE OF GENOA, ST., 103, 190, 270.
CATHERINE OF SIENA, ST., 82.
CALL, A. P., 314.
CAMERON, M., 71.
CARTER, F., 123.
CARVASSO, 345.
CHANNING, W. E., 284.
CHASE, THORNTON, 168.
CHEEVER, H. T., 290.
CHEVREUSE, 89.
CHRISTIAN SCIENCE JOURNAL, 211, 316.
CHRONICLES, 1st and 2nd book of the, 19, 34, 53, 64, 70, 148, 193, 194,
198, 216, 239, 286, 288, 331, 347, 360, 363.

- CHRYSOSTOM, ST., 244.
CLARKE, JAMES FREEMAN, 27, 62, 65, 163, 178, 208, 314, 326, 346, 364.
CLEMENT OF ALEXANDRIA, 64, 97, 225, 289, 335.
COBBE, F. P., 262.
COLLOSSIANS, Epistle of St. Paul to the, 28, 61, 77, 80, 96, 231, 248, 255, 330, 348.
COLLINS, MABEL, 140, 325.
CONFUCIUS, 67, 140, 297.
COOKE, J., 65, 81, 254.
CORINTHIANS, the Epistles of St. Paul to the, 2, 37, 46, 58, 78, 84, 89, 95, 111, 118, 130, 134, 147, 158, 174, 193, 196, 197, 206, 207, 227, 229, 232, 239, 240, 241, 243, 247, 251, 254, 285, 295, 296, 300, 304, 326, 343, 346, 361, 363.
CRAIG, ADAM, 224.
CRANE, A. M., 191.
CUNNINGHAM, A., 322.
CURAL, 319.
DANIEL, 23, 146, 204, 292, 346, 360.
DANIELS, CORA LINN, author of "As it is to Be," etc., 2, 6, 12, 21, 25, 26, 27, 31, 38, 47, 56, 66, 71, 73, 78, 79, 86, 91, 93, 94, 101, 105, 107, 112, 115, 124, 137, 140, 141, 146, 155, 163, 164, 173, 183, 190, 201, 206, 217, 218, 228, 232, 245, 246, 247, 252, 254, 256, 262, 265, 267, 268, 271, 275, 287, 294, 295, 297, 304, 321, 322, 326, 329, 335, 337, 346, 355, 361, 364.
DARLING, HENRY, 325.
DENK, H., 110, 237.
DE KOVEN, A., 211.
DE SALES, ST. FRANCIS, 29, 63, 68, 72, 91, 93, 95, 103, 139, 166, 177, 238, 269, 270, 273, 282, 291, 302, 325, 352.
DE SARASA, 137, 293.
DESATIR, 334.
DEUTERONOMY, 34, 130, 163, 179, 219, 235, 262, 270, 280, 286, 318, 319, 330, 349, 352, 353, 365.
DE VOE, WALTER, 149, 222.
DE WATERS, LILIAN, 191.
DONALDSON, F. E. B., 98.
DRESSER, HORATIO W., author of "The Power of Silence," "Living by the Spirit," "Voices of Freedom," "The Perfect Whole," G. P. Putnam's Sons, New York and London, publishers; "A Message to the Sick," etc., 3, 5, 11, 13, 14, 16, 17, 18, 24, 30, 42, 52, 57, 76, 79, 83, 87, 91, 92, 107, 113, 116, 121, 132, 134, 136, 143, 149, 152, 157, 158, 164, 167, 169, 173, 176, 186, 187, 193, 202, 205, 211, 212,

227, 233, 234, 246, 250, 251, 254, 259, 261, 263, 272, 282, 284, 288, 304, 308, 320, 321, 322, 323, 332, 337, 341, 362.

EASTMAN, L. H., 308.

ECCLESIASTES, 51, 86, 94, 190, 207, 212, 299, 334.

ECCLESIASTICUS, 133, 153, 164, 257, 269, 283, 296, 362.

EDDY, MRS. MARY BAKER, G., the Discoverer and Founder of Christian Science, author of "Science and Health With Key to the Scriptures," "Miscellaneous Writings," "Unity of Good," "The People's Idea of God," "Rudimental Divine Science," etc., 3, 14, 16, 18, 26, 32, 38, 41, 45, 49, 52, 60, 62, 72, 77, 81, 82, 86, 94, 104, 106, 107, 109, 111, 115, 122, 134, 138, 141, 143, 151, 152, 156, 158, 171, 179, 180, 184, 198, 204, 205, 210, 211, 219, 222, 223, 229, 231, 235, 251, 252, 262, 265, 267, 268, 271, 272, 275, 276, 281, 290, 294, 295, 296, 300, 304, 314, 318, 321, 326, 327, 332, 333, 337, 339, 340, 356.

ELDAD, 65.

ELIOT, G., 120, 272.

EMERSON, RALPH WALDO, 3, 29, 51, 57, 135, 136, 215, 240, 279, 350.

ENOCH, 18.

EPHESIANS, Epistle of St. Paul to the, 21, 24, 36, 50, 56, 100, 118, 122, 140, 197, 215, 229, 231, 298, 330.

EPICTETUS, 81, 122, 190, 249, 298, 322.

ESDRAS, 15, 64, 85, 294, 339.

EUCKEN, R. C., 167, 290.

EUWAR, 82.

EVANS, W. F., 283.

EXODUS, 34, 49, 88, 203, 222, 307, 311.

EZEKIEL, 108, 141, 154, 187, 204, 305, 306.

EZRA, 194.

FABER, F. W., 319, 339, 353.

FAIZI, 171.

FENELON, 5, 9, 11, 12, 13, 20, 23, 25, 36, 44, 50, 52, 53, 62, 69, 72, 82, 85, 89, 102, 104, 112, 116, 122, 125, 129, 143, 158, 160, 165, 166, 169, 172, 174, 175, 183, 184, 187, 189, 195, 201, 204, 221, 230, 234, 239, 241, 243, 244, 249, 264, 269, 275, 277, 280, 283, 285, 289, 291, 294, 303, 312, 316, 323, 333, 334, 342, 352, 353, 365.

FLETCHER, HORACE, author of "Menticulture," etc., 163, 239, 316, 339, 350.

FRANCK, J., 116, 296.

FULLER, R., 38, 102.

- GALATIANS, Epistle of St. Paul to the, 10, 27, 80, 111, 118, 161, 196, 251, 348, 358.
- GEIKIE, C., 280.
- GENESIS, 34, 68, 118.
- GESTEFELD, URUSULA NEWELL, author of "How to Control Circumstances," 39, 234, 339, 349.
- GILES OF ASSISI, 28, 114, 122, 158, 171, 184, 195.
- GOULBURN, E. M., 73, 76, 145, 314.
- GREENWOOD, SAMUEL, 85, 242.
- GROSS, W. F., 221.
- GUYON, MME., 60, 133, 136, 142, 248, 282.
- HABAKKUK, 99, 108, 249.
- HADDOCK, F. C., 39.
- HAFIZ, 15.
- HAGGAI, 297, 350.
- HALL, JOHN, 61, 235, 269.
- HALLOCK, M., 59.
- HAMILTON, JAMES, 30, 125, 216, 264.
- HAVERGAL, FRANCIS RIDLEY, 58, 361.
- HAWTHORNE, N., 171.
- HEBREWS, Epistle to the, 15, 32, 50, 80, 100, 114, 148, 161, 198, 203, 233, 243, 252, 265, 314, 343, 344, 346, 347.
- HEPWORTH, G. H., 173.
- HERBERT, L., 131.
- HERMAS, ST., 64, 69, 125, 133, 233, 235, 288, 307, 340, 347.
- HILTY, KARL, 89, 233, 253, 275.
- HINTON, JAMES, 199, 269.
- HOSEA, 6, 18, 34, 108, 166, 214, 216, 222, 249, 266.
- HUCKEL, OLIVER, author of "Mental Medicine," etc., Thomas Y. Crowell Company, New York, publishers, 13, 25, 165, 193, 274, 295, 299, 333.
- HUGO, VICTOR, 150.
- HUNTINGTON, F. D., 76.
- IGNATIUS, ST., 64, 209.
- ISAIAH, 4, 15, 17, 18, 22, 23, 45, 49, 55, 62, 64, 78, 84, 90, 96, 99, 103, 108, 112, 116, 128, 135, 153, 155, 158, 164, 182, 187, 194, 203, 207, 210, 224, 226, 232, 237, 244, 253, 254, 261, 266, 268, 276, 287, 292, 294, 301, 305, 315, 316, 338, 344, 352.
- JAMES, 11, 32, 95, 112, 120, 126, 135, 188, 195, 197, 199, 215, 240, 241, 267, 285, 302, 330, 340, 356, 357, 365.
- JAMES, W., 94, 225.
- JENKINS, H. C., 131.

JEREMIAH, 34, 49, 52, 65, 66, 77, 83, 87, 104, 133, 135, 161, 164, 173, 193, 197, 206, 207, 214, 224, 241, 261, 263, 264, 285, 286, 292, 293, 305, 306, 322, 326.

JEROME, ST., 253.

JESUS, 45, 132, 247, 308.

JOB, 32, 34, 107, 152, 164, 178, 233, 303, 365.

JOEL, 13, 104, 284, 301.

JONAH, 216, 323.

JOHNSON, H., 314.

JOHN, Epistles of St., 10, 36, 81, 92, 114, 141, 167, 168, 170, 175, 184, 196, 200, 209, 211, 224, 229, 242, 271, 286.

JOHN, the Gospel according to St., 2, 14, 21, 35, 37, 40, 49, 56, 60, 61, 65, 71, 84, 90, 112, 126, 149, 152, 154, 160, 170, 188, 197, 200, 228, 252, 282, 288, 291, 296, 301, 321, 333, 336, 359.

JOHONNOT, JAMES, 95.

JONES, RUFUS M., 216.

JOSHUA, 18, 133, 270.

JOUBERT, JOSEPH, 87.

JUDE, Epistle of St., 288.

JUDGES, 139.

JULIAN OF NORWICH, ST., 22, 89, 90, 98, 121, 146, 164, 222, 259, 312.

KABIR, SONGS OF, 139, 261.

KALI, 235.

KEARY, A., 361.

KEBLE, JOHN, 308, 327.

KELLER, HELEN, 315.

KELTY, M. A., 265.

KEMPIS, THOMAS À, 3, 5, 30, 34, 35, 44, 102, 120, 131, 136, 142, 143, 162, 169, 176, 177, 211, 223, 228, 230, 241, 250, 270, 303, 313, 316, 331, 338, 360.

KHAJI ABD'ALLAH, 142.

KHAYYAM, OMAR, 93, 190, 350.

KING, BASIL, author of "The Abolishing of Death," Cosmopolitan Book Corporation, New York, publishers, 55, 71, 338, 346.

KINGS, 1st and 2nd book of, 148, 330.

KINGSLEY, CHARLES, 189, 250, 353.

KIRK, W. N., 345.

KIRKHAM, STANTON DAVIS, author of "The Philosophy of Self-Help," "Resources," G. P. Putnam's Sons, New York and London, publishers, 133, 134, 156, 199, 296, 316, 321, 362.

KLEISER, GRENVILLE, author of "Inspiration and Ideals," etc., Funk and Wagnalls Company, New York, publishers, 51, 59, 192, 315, 358.

- KORAN, 28, 33, 34, 74, 116, 119, 125, 135, 162, 164, 165, 179, 195, 214, 219, 223, 225, 235, 243, 263, 268, 277, 283, 324, 334, 353.
- KOTHUMI, 159, 162, 349.
- KRATZER, REV. G. A., author of "Dominion Within," 103, 193, 299.
- LALITA VISTARA, 300.
- LAMENTATIONS, 32, 61, 203, 206, 298, 307.
- LAMMAI, 251.
- LAW, WILLIAM, 41, 101, 157, 220, 232.
- LINN, S., 350.
- LAWRENCE, BR., 165, 175.
- LEVITICUS, 47, 298, 300, 319, 346.
- LINCOLN, A., 185, 310.
- LONGFELLOW, H. W., 7, 275.
- LOTZE, R. H., 271.
- LUBBOCK, J., 13, 29.
- LUKE, the Gospel according to St., 35, 64, 67, 105, 119, 126, 178, 198, 241, 286, 340, 343, 344.
- MASTER MIND, 29, 317, 325.
- MAGAZINE OF MYSTERIES, 149, 156, 159, 266.
- MACLAREN, ALEXANDER, 129.
- MACDONALD, GEORGE, 57, 275, 308.
- MAHA-BHARATA, 88.
- MALACHI, 95, 104, 137.
- MANDEVILLE, HENRY, 345.
- MANNING, H. E., 30, 32.
- MCCOMB, SAMUEL, 149.
- MAETERLINCK, M., 159.
- MARDEN, ORISON SWETT, author of "Every Man a King," etc., Thomas' Y. Crowell Company, New York, publishers, 13, 41, 89, 134, 139, 144, 151, 156, 157, 192, 199, 208, 242, 248, 250, 254, 277, 279, 299, 309, 317, 323, 349, 358, 362.
- MARK, the Gospel according to St., 37, 77, 94, 126, 130, 203, 259, 264, 293, 344, 365.
- MATTHEW, the Gospel according to St., 16, 18, 21, 26, 43, 45, 49, 50, 70, 77, 78, 105, 117, 125, 135, 143, 144, 158, 161, 188, 189, 191, 194, 203, 225, 230, 251, 262, 265, 283, 290, 300, 301, 302, 313, 330, 357.
- MICAH, 34, 72, 204, 325, 344.
- MICHAEL ANGELO, 58.
- MILINDA, 240.
- MILITZ, ANNIE RIX, author of "Primary Lessons in Christian Living and Healing," 17, 265, 317.
- MILLER, H., 362.

- MOHAMMED, 45, 168.
MOLINOS, MIGUEL, 32, 127.
MONTAIGNE, M., 299.
MOODY, DWIGHT LYMAN, 80, 239, 325, 345.
MOUNTFORD, WILLIAM, 158.
MULFORD, PRENTICE, author of "Your Forces and How to Use Them,"
36, 62, 156, 272.
NAHUM, 351.
NALL, ROBERT, 271.
NAUTILUS, 299, 339.
NEHEMIAH, 5, 99, 258.
NEWCOMB, CHARLES BENJAMIN, author of "All's Right With the
World," "Discovery of a Lost Trail," Lothrop, Lee and Shepard
Company, Boston, publishers, 5, 19, 129, 131, 139, 152, 213, 264,
272, 304, 314, 317, 321.
NEWMAN, J. H., 113, 177, 213, 214, 351.
NEWTON, K. H., 322.
NUMBERS, 249, 335.
NYSSA, ST. GREGORY OF, 278.
OWEN, J. N., 297.
OWEN, A. V., 233.
PARACELSUS, 89.
PASCAL, BLAISE, 46, 261.
PATTERSON, CHARLES BRODY, author of "Dominion and Power,"
"Living Waters," "The Will to Be Well," Funk and Wagnalls
Company, New York, publishers, 38, 60, 80, 94, 120, 121, 174, 243,
251, 260, 278, 317, 351.
PENN, WILLIAM, 3, 200, 240, 319.
PENNINGTON, A., 30.
PETER, Epistles of St., 21, 84, 138, 153, 178, 179, 188, 207, 220, 229,
241, 260, 327, 334, 342, 363.
PHILEMON, 243.
PHILIPPIANS, the Epistle of St. Paul to the, 54, 96, 118, 127, 148, 150,
179, 191, 212, 231, 327, 342.
PLINY, 235.
PLOTINUS, 141, 280.
POTTER, H., 16.
PROVERBS, 20, 52, 78, 103, 112, 120, 129, 131, 142, 151, 158, 191, 192,
194, 203, 204, 210, 240, 249, 279, 287, 303, 309, 317, 320, 322, 324,
353, 355, 257.
PSALMS, 1, 8, 9, 11, 19, 22, 23, 29, 33, 34, 35, 36, 37, 39, 40, 42, 44, 45,
49, 50, 52, 53, 57, 59, 65, 68, 69, 71, 74, 75, 79, 83, 86, 91, 92, 99,

105, 108, 109, 112, 119, 125, 127, 131, 132, 133, 134, 138, 143, 147, 149, 153, 157, 162, 171, 172, 173, 175, 176, 177, 185, 188, 193, 195, 206, 212, 213, 216, 219, 222, 225, 232, 235, 252, 258, 259, 264, 265, 266, 267, 273, 275, 277, 278, 286, 291, 294, 300, 303, 306, 307, 311, 315, 316, 320, 328, 331, 332, 334, 336, 337, 339, 341, 351, 354, 360, 363.

PTAH-HOTEP, 39.

PURANA, 18, 235.

PUSEY, E. BOUVERIE, 53, 82, 201, 213, 233.

PYTHAGORAS, 88.

RAMSAY, C. L., 145.

REVELATION OF ST. JOHN, 2, 27, 31, 37, 84, 105, 135, 189, 219, 226, 229, 237, 256, 259, 297, 311, 329, 331, 334, 343, 364.

ROBERTSON, F. W., 151, 234, 313, 319.

RODRIGUEZ, ALPHONSUS, 18, 69, 205.

ROMANS, Epistle of St. Paul to the, 41, 48, 70, 77, 78, 111, 112, 118, 120, 128, 136, 141, 148, 154, 182, 187, 194, 196, 243, 251, 253, 287, 302, 311, 345, 357, 359.

RUSKIN, JOHN, 33, 86, 134, 182, 310.

RUTHERFORD, SAMUEL, 149.

RUYSBROECK, JOHN, 46, 82, 110, 202, 236, 278, 289.

SADI, 11, 171.

SAGER, DANIEL SHOWERS, author of "The Art of Living in Good Health," F. A. Stokes Company, New York, publishers, 13.

SAMUEL, 16, 19, 222, 292, 307, 318.

SAUNDERS, F., 309.

SAVONAROLA, 122.

SCUPOLI, L., 144, 202.

SENECA, 320.

SEWARD, T. F., 92, 169, 249.

SHAKESPEARE, 139, 326.

SHAQIQ, 129, 277.

SNOWDEN, J. H., 127.

SOCRATES, 47, 62, 196.

SPINNEY, W. A., 248, 299.

SPINOZA, 175.

SPURGEON, C. H., 139, 312.

SPRING, GARDINER, 22.

STANLEY, DEAN, 106.

- STEAD, W. T., author of "Letters from Julia," etc., 10, 20, 101, 129, 130, 140, 147, 164, 179, 200, 201, 209, 212, 220, 221, 260, 271, 329, 332.
- STEVENSON, R. L., 29, 317.
- STODDARD, R., 140.
- STOWE, H., 126, 306.
- STREET, J. C., 121.
- SUFI, 103.
- SWEDENBORG, E., 335.
- TAGORE, RABINDRANATH, author of "Gitanjali," the Macmillan Company, New York, publishers, 31, 46, 53, 60, 82, 87, 101, 102, 110, 120, 130, 131, 139, 142, 175, 178, 182, 214, 217, 224, 237, 263, 284, 290, 298, 332, 337, 356, 365.
- TALMUD, 319.
- TAPPER, THOMAS, 111.
- TAULER, J., 132, 178, 184, 187, 217, 224, 242, 244, 261, 285, 305, 320, 335.
- TAYLOR, J., 23, 24.
- TENNYSON, A., 237.
- TERTULLIAN, 237.
- THAYER, W., 75.
- THEOSOPHICAL MESSENGER, 29.
- THEOLOGIA GERMANICA, 175, 182, 262, 282, 296.
- THEOSOPHICAL WORLD, 39.
- TERSTEEGEN, G., 160.
- THESSALONIANS, Epistles of St. Paul to the, 34, 82, 97, 109, 164, 178, 197, 198, 205, 225, 255, 263, 334, 357.
- THOMSON, J., 81.
- TIMOTHY, Epistles of St. Paul to, 10, 67, 110, 115, 116, 124, 126, 141, 172, 180, 194, 207, 235, 259, 267, 273, 288, 307, 310, 324, 325, 336, 343, 344.
- TITUS, Epistle of St. Paul to, 100, 230, 340, 348, 356, 359.
- TOBIT, 331, 340.
- TOLSTOY, 140.
- TOWNE, ELIZABETH, author of "Lessons in Living," "Practical Methods for Self-Development," E. Towne, Holyoke, Mass., publisher, 26, 53, 54, 70, 93, 101, 159, 176, 192, 193, 239, 240, 275, 290, 317, 349.
- TRAHERNE, THOMAS, 97.
- TRINE, R. W., 13, 209, 239.
- UPANISHADS, 182, 194, 237, 296.
- UPHAM, F. W., 272.

VAN DER BURGH, F., 246.

VEDAS, 190.

VINCENT, J. H., 30.

WALLACE, MRS. M. B., author of "The Thinning of the Veil," Dodd, Mead and Company, New York, publishers, 16, 23, 39, 71, 76, 106, 202, 208, 257, 268, 274, 313, 316, 338, 347.

WARNER, F. L., 163, 277.

WARREN, H. W., 281.

WELCH, W, J., 332.

WESLEY, JOHN, 239, 325.

WHITING, LILIAN, author of "The World Beautiful," "The Life Radiant," "The Outlook Beautiful," "The Spiritual Significance," Little, Brown and Company, Boston, publishers, 59, 70, 151, 159, 208, 227, 234, 272, 279, 333.

WHITTIER, J. G., 83, 93, 281.

WICKLIFFE, 171.

WILBERFORCE, W., 250.

WILCOX, ELLA WHEELER, 41.

WILDER, ELIZABETH, author of "Self-Help and Self-Cure," Small Maynard and Company, Boston, publishers, 284.

WISDOM OF SOLOMON, 127, 144, 147, 184, 196.

WOOD, HENRY, author of "Ideal Suggestion, Through Mental Photography," "The New Thought Simplified," etc., Lothrop, Lee and Shepard Company, Boston, publishers, 5, 16, 19, 26, 107, 115, 121, 203, 288, 313, 339.

ZECHARIAH, 65, 125, 185, 196, 202, 229, 234, 266, 294.

ZENDAVESTA, 115, 174.

ZEPHANIAH, 61, 116, 223.

ZOROASTRIAN, 215.

INDEX

- Affliction, 14, 32, 52, 72, 112, 152, 172, 212, 232, 252, 272, 302, 337, 341, 361.
- Charity, 180, 240, 358.
- Cheerfulness, 29, 39, 51, 69, 139, 244, 248, 269, 279, 299, 339, 362.
- Christ, 84, 100, 124, 172, 229, 359.
- Confidence, 53, 76, 113, 166, 177, 203, 233, 254, 265.
- Contentment, 324.
- Courage, 95, 114, 143.
- Creed, 6, 62, 215.
- Death, 15, 56, 71, 105, 115, 150, 190, 256, 268, 275, 297, 329, 365.
- Eternal life, 27, 56, 57, 71, 105, 121, 135, 150, 161, 190, 226, 231, 256, 268, 297, 304, 329, 335, 346, 361, 363, 364.
- Faith, 13, 22, 30, 35, 53, 83, 89, 93, 124, 136, 149, 153, 203, 223, 233, 243, 273, 293, 313, 320, 333, 345, 347.
- Faithfulness, 3, 7, 94, 194, 245, 250, 314, 343.
- Fatherhood of God, 47, 64, 74, 97, 117, 147, 155, 167, 187, 217, 237, 266, 276, 296, 336.
- Fear, 13, 19, 33, 35, 53, 66, 75, 83, 93, 103, 113, 143, 153, 157, 163, 169, 173, 183, 193, 210, 213, 223, 233, 239, 276, 277, 283, 293, 316, 323, 352.
- Forgiveness of sins, 1, 5, 22, 64, 68, 90, 104, 119, 125, 128, 144, 164, 204, 216, 242, 264, 285, 305, 312, 325.
- Gladness, 9, 19, 29, 39, 59, 69, 79, 99, 139, 159, 199, 208, 238, 248, 279, 299, 315, 339, 349, 362.
- God, 17, 110, 202, 219, 311, 320.
- God's guidance, 18, 30, 35, 54, 56, 116, 132, 136, 168, 186, 234, 293, 308, 341, 365.
- God's help, 4, 18, 34, 49, 74, 75, 153, 189, 263, 285, 354.
- God's love, 11, 22, 41, 81, 101, 127, 171, 201, 222, 224, 234, 261, 281, 325, 332, 351, 359.
- God's power, 34, 219, 311.
- God's presence, 74, 87, 145, 166, 174, 193, 212, 250, 276, 320.
- Goodness of God, 11, 22, 164, 222, 234, 254, 306, 351, 360.
- Growth, 122, 186, 205.
- Happiness, 9, 29, 39, 51, 59, 69, 79, 98, 99, 129, 131, 139, 149, 156, 157, 159, 182, 192, 193, 199, 208, 218, 238, 248, 257, 269, 279, 299, 309, 317, 338, 339, 349, 362.
- Hope, 30, 103, 113, 119, 121, 149, 153, 155, 177, 183, 254, 256.
- Humility, 37, 46, 62, 158, 185, 241, 292, 342.
- Joy, 9, 19, 54, 69, 79, 99, 129, 131, 139, 149, 159, 177, 179, 182,

- 190, 193, 199, 202, 208, 218,
238, 248, 256, 269, 299, 309,
329, 338, 339, 349.
- Judgment, 55, 206, 230, 251.
- Love, brotherly, 6, 8, 10, 20, 26,
28, 40, 60, 70, 80, 97, 120, 130,
140, 151, 170, 180, 185, 197,
200, 209, 220, 221, 230, 240,
260, 289, 300, 319, 328, 340,
348, 357, 358.
- Love to God, 12, 58, 82, 102, 116,
120, 142, 173, 175, 202, 236,
270, 280, 289, 315.
- Kindness, 8, 50, 130, 151, 280,
319.
- Knowledge, 62, 122, 265.
- Man's relation to God, 17, 21,
47, 57, 85, 92, 110, 117, 137,
147, 167, 187, 196, 197, 217,
227, 237, 247, 254, 296.
- Meditation, 63, 66, 126, 134, 228,
291, 338.
- Obedience, 42, 116, 136, 262, 273,
290, 310, 327.
- Opportunity, 3, 314.
- Peace, 23, 49, 73, 144, 160, 177,
193.
- Perfection, 20, 21, 48, 58, 68, 91,
98, 108, 118, 138, 148, 168, 178,
188, 198, 205, 215, 225, 235,
255, 278, 290, 298, 318, 330.
- Praise, 1, 19, 149, 162, 195, 258,
331, 360.
- Prayer, 25, 28, 44, 45, 63, 65, 77,
123, 142, 165, 166, 174, 178,
181, 195, 214, 228, 239, 267,
295, 301, 336, 366.
- Pride, 46, 154, 241, 292, 342.
- Progress, 122, 205, 284, 318, 326.
- Punishment, 27, 32, 72, 135, 181,
194, 204, 206, 251, 287, 315,
317, 324.
- Repentance, 64, 104, 184, 204,
264, 285, 297, 305.
- Sadness, 69, 92, 129, 139, 159,
269, 317, 329.
- Sanctification, 8, 20, 31, 38, 48,
50, 58, 61, 78, 88, 96, 98, 100,
108, 109, 111, 114, 118, 138,
148, 158, 161, 168, 178, 188,
198, 225, 231, 235, 255, 270,
282, 288, 290, 298, 308, 314,
318, 330, 348, 357, 358.
- Silence, 75, 145, 228, 263.
- Sin, 38, 67, 118, 146, 184.
- Sorrow, 32, 52, 112, 152, 272, 369.
- Spirit, 115, 154, 211, 271, 334.
- Spirituality, 31, 36, 61, 87, 88,
107, 111, 115, 138, 141, 155,
158, 161, 211, 231, 250, 255,
259, 271, 274, 294, 296, 321,
356.
- Suffering, 14, 32, 112, 132, 152,
172, 212, 232, 252, 272, 289,
302, 337.
- Thanksgiving, 1, 162, 258, 331,
360.
- Thought, 16, 46, 86, 93, 106, 134,
155, 156, 176, 191, 200, 246,
274, 278, 322, 355.
- Time, 2, 3, 15, 16, 207, 314.
- Trouble, 13, 52, 72, 113, 178, 214,
341.
- Trust, 4, 13, 18, 23, 30, 33, 34, 35,
41, 43, 44, 49, 53, 55, 66, 72,

73, 75, 76, 83, 95, 103, 113, 119,
123, 125, 133, 136, 143, 153,
157, 163, 166, 169, 173, 177,
181, 183, 193, 203, 210, 212,
213, 224, 233, 239, 244, 249,
250, 259, 261, 266, 273, 277,
279, 281, 283, 293, 294, 303,

307, 306, 323, 333, 341, 350,
353, 354, 362, 365.

Word of God, 126, 265, 344.

Worry, 33, 43, 49, 53, 93, 103,
163, 173, 186, 213, 224, 239,
277.

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